



LAUREN VAVALA

DELICIOUS LITTLE BITES

MONTHLY BLOG STATS

| | |
|-----------------|--------|
| SESSIONS | 60,000 |
| UNIQUE VISITORS | 51,500 |
| PAGE VIEWS | 68,000 |

SOCIAL MEDIA FOLLOWING

| | |
|-----------|--------|
| INSTAGRAM | 14,700 |
| PINTEREST | 9,100 |
| TWITTER | 5,800 |
| FACEBOOK | 2,050 |

PROFILE

Hi, I'm Lauren! My blog, Delicious Little Bites, is centered around recipes that I create and share, as well as other food related posts. Occasionally I also share posts on home, lifestyle, and travel.

My audience is primarily women between the ages of 30-45 who enjoy a variety of topics including food, home, travel, beauty, and fashion. The majority are also mothers.

EXPERIENCE

Some of the brands that I have worked with include:

- Jif
- Smuckers
- International Delight
- MARS
- French's
- SeaPak
- Red Lobster
- Moe's Southwest Grill
- Smithfield
- PRE Brand
- Blue Apron
- Sun Basket
- Terra's Kitchen
- Heluva Good!
- Walmart
- Target
- Glossybox
- Brentwood Homes
- Farmacy
- Hallmark

SERVICES

I currently offer the following services:

- Sponsored Posts with Social Shares
- Social Share Only Collaborations
- Product Reviews
- Giveaways

* Fees per service are dependent on many different factors. Feel free to contact me as I would be happy to discuss my fees on a case by case basis.

CONTACT

Lauren@DeliciousLittleBites.com

www.DeliciousLittleBites.com