



Here are my prices for this season, in 2019:

Are you located in Yamhill County? If not, there will be an added charge for me to come to you.

One-on-One Staff Education Sessions:

Initial Consultation to go over institutional goals and history: one hour in length. Rate is \$100.00.

Follow-up Assessment to go over recommendations: one hour in length. Rate is \$100.00.

Chef Coaching: 40-60 minutes in length at time of assessment: \$75.00, 90-120 minutes: \$150.00. May be repeated for multiple sessions or separately from time of assessment at rates listed below under "Follow-up Sessions".

Detailed Menu Development: 90 to 120 minutes in person to develop a plan, 60 minutes in person to "roll out" the plan, involves three additional hours of recipe development for me. Rate is \$500.00. No recipe development needed? Rate is \$250.

Follow-up "Check-in" Sessions:

In person for 30 minutes. \$50.00

In person for 40-60 minutes. \$100.00

On phone for 30 minutes. \$30.00

On phone for 40-60 minutes \$60.00. This can be scheduled weekly or monthly, or as needed.

Text Coaching Package: Get live coaching help as a *follow up to Chef Coaching or Menu Development sessions*, via text message from 8am to 8pm Monday through Friday with the monthly package price invoiced at \$79 per up to ten text exchanges, \$129 for up to 20 text exchanges. The assumption is that an hour or two of total texting time will be used over the month. If a client's needs clearly go beyond this, the client will be asked to set up a follow-up session.

Group Courses for Your Clients:

Four, one-hour-long classes (usually once per week) for up to 50 individuals, gives an overview of functional nutrition for aging individuals, \$100 per participant for four hours of educational instruction and hands-on demos. Minimum \$1000 charge, 20% discount for 20 or more participants. Flyer provided for promotion. (see kathleenmoss.org/specials for a pdf example)

Ancestral Salads Class. One Hour, \$89 each, or \$79 each for four to six students interested in cooking within a certain ethnic heritage (ie: North-Western European, Central European, Scandinavian, Mediterranean). Light meal included. Students will be surveyed before class for interests.

Paleo Pressure-Cooking Class. One Hour, \$89 each, or \$79 each for four to six students, light meal included. Instant-pot provided, for class session only. Students surveyed before class for interests.

Fermenting Veggies Class. One Hour, \$89 each, or \$79 each for four to six. No meal included.

Ancient Oils to Nourish Mature Skin. One Hour, \$99 each for up to six, \$89 each for seven to twelve students. Small bottle of custom-made body oil included.