

# The Green & Natural Blog

Media Kit | Effective August 2013

## About GreenAndNatural

The GreenandNaturalBlog.com is a website dedicated to encouraging women to simplify their lives, love the earth, and restore their souls. As a new-homesteader (cool speak for living on the farm with a goat and chickens). Meg gives tutorials on raising gardens, canning, freezing, and baking while discussing the process of food restoring our bodies and mind.

## GreenAndNatural Readers...

The GreenandNaturalBlog.com readers are stay-at-home mothers between 25 – 35 with three or more small children in above average income households. These well-educated mothers and wives are looking for ways to consistently maintain a whole-natural lifestyle while maintaining their busy lifestyle.

## The Stats by Month

Monthly Uniques :	20,000
Monthly Pageviews:	120,000
Facebook:	9,800
Twitter:	5,600
Instagram:	1,100
Google+:	750
Email/RSS:	4,200

## Advertising Opportunities

### Reviews, Giveaways, Sponsored Posts & Recipe Creation

**Sponsored Posts & Recipe Creation:**  
\$250 + ingredients/product

**Giveaways:**  
Giveaway with prize value of \$100 or more  
Equal value prize or compensation  
Fulfillment coordinated by agency or brand

## About Meg



Meg Smith is a married mom of two kids age 3 and 1, living in a Denver suburb. Before staying home, she was a corporate customer service manager for an ultra-luxury vacation rental company. She understands how to put the needs of the client first, and works hard to make the relationship a win-win. Meg has worked with Seventh Generation, Chipotle, Door To Door Organics, Nature's Best, and Earthbound Farms on blog campaigns. Meg is the author of the ebook, "How to Grow Your Own Food and Feed Your Family". You can find her at @MegSmith on Twitter, [www.facebook.com/TheGreenAndNaturalBlog](http://www.facebook.com/TheGreenAndNaturalBlog) or email her at [meg@thegreenandnaturalblog.com](mailto:meg@thegreenandnaturalblog.com).

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