



Only Natural
FOOD

Sponsorship and Promotional Opportunities

Only Natural FOOD

ABOUT US:

Only Natural Food launched in March 2010 and boasts the largest data base of natural and organic foods and recipes. We are a community of writers, bloggers and food reviewers with one common goal– to get the word out about natural and organic products. We travel to food shows around the US to find that perfect product and to rave about it!

OUR STATS:

- Over 16,000 people have come to Only Natural in our first month!
- **Time on site:** 9 minutes– 3 times higher than average
- **Pages per person:** 15—5 times higher than aver
- Demographics: 80% W25-54
- Our users are interested in Natural and Organic living and great food!



Only **Natural** FOOD

ADVERTISING OPPORTUNITIES:

- We offer customized solutions based on your advertising needs. Nothing is boiler plate and we work to accommodate your message and budget requirements.
- All reviews are honest feedback about your product and **FREE OF CHARGE** to you. This offering includes links back to your store, your website, and your store locator

OUR AD OFFERINGS:

- Customized integration with your product in an environment that promotes your brand
- Sponsored recipes
- Blog posts
- Promotions and giveaways
- Email blasts to our user base
- Standard Ad Units: 120 x 600, 160 x 600, 728 x 90, 300 x 250

CREATIVE

- We will design your ads and specialized sections free of charge based on a minimum monthly spend.



Advertising Examples

Only Natural FOOD

ADVERTISING EXAMPLES: Custom Sections

The screenshot shows a website layout with a navigation menu on the left and a main content area. The main content area features a large article titled "Summer Slimdown Guide" with a sub-header "Sponsored by Amy's Kitchen". Below the article are two sections: "OUR FAVORITE DIET FRIENDLY FOODS" and "OUR FAVORITE LOW CALORIE RECIPES". The "Diet Friendly Foods" section includes items like "Simply Scrumptious Cupcakes", "Amy's Vegetable Pie", and "Brown Cow Greek Vanilla Yogurt". The "Low Calorie Recipes" section includes "Scrambled Eggs and Feta", "Creamy Tofu Alfredo", and "Delicious Slim Brownies". A "LATEST REVIEWS" section is also visible on the right side of the page.

Includes:

- Logo
- Link to your site

Ad units

- 300 x 250
- 120 x 600
- 728 x 60



Only Natural FOOD

ADVERTISING EXAMPLES: Recipe Integration

BROWSE REC

- Appetizers
- Asian
- Beef
- Beverages
- Breakfast
- Children
- Desserts
- Easter
- High Fiber
- Holiday
- Holidays
- Low Calorie
- Low Calorie Breakfast
- Low Calorie Dinner
- Low Calorie Lunch
- Low Calorie Salads
- Low Calorie Snacks
- Low Sodium
- Main Dishes
- Middle Eastern
- Passover
- Pasta
- Poultry
- Sauces and Spreads
- Side Dishes

[See all recipes »](#)

[Settings](#) [Edit](#)

Champagne Turkey Breast

Courtesy of: 

Serves: 6
Prep Time: 15 minutes
Total Time: 35 minutes



Do something a little different this easter and serve this awesome dish provided to us by www.diestelturkey.com

Ingredients

- 6 each Diestel Turkey Breast Tenderloins
- 0.25 Cup Flour
- 0.50 tsp Salt
- 0.25 tsp Garlic powder
- 1 pinch White pepper
- 0.75 Cup fresh mushrooms sliced
- 1 Tsp margarine
- 1 Tbs . margarine
- 1 Tbs olive oil
- 1.50 Cups champagne
- 0.25 Cup light cream
- 2 Tbs parsely chopped

Preparation

Combine flour, salt, garlic powder and pepper. Dust breast with flour mixture. Set aside leftover flour. Sauté mushrooms in 1 tsp. margarine. Set aside. Heat remaining (or 1 Tbsp.) margarine and oil in large pan. Brown turkey breast on one side. Turn over and pour in champagne. Simmer uncovered for 15 minutes or until breast is no longer pink inside. Set aside and keep breast warm. In same pan, reduce champagne to 3/4 cup. Blend flour with light cream and pour slowly into champagne. Stir until thickened. Add mushrooms and spoon sauce over breast. Garnish with parsley.

LATEST REVIEWS

Peel Snacks Go-mango-man-go
It's OK, but I'm really not sure from a taste perspective if it is special
April 24, 2010

Rocky Mountain Organic Peppered H Jerky
If you like beef jerky, if you CRAVE beef jerky one that not only tastes good.
April 24, 2010

DIESTEL TURKEY RANCH
Sonora, California



Includes:

- Logo
- Product mention
- Link to site

Ad unit

- 300 x 250
- 120 x 600
- 728 x60



Includes:

- Logo
- Link to site

Home Home Food Recipes Meal Ideas Promotions Featured Bloggers Community About Us
Food Admin

Settings Edit

Lisa the Health Nut

I'm Lisa and I looove health foods! The lifestyle I chose to live is eating only natural or organic food products, minimally processed whenever possible. What I can't stand is that my friend and family automatically assume all "health food" I eat is nasty tasting. THIS IS NOT TRUE! Hello? Why would I eat stuff that tastes like crap? So my mission is to spread the word that "health" does not mean "tasteless". Healthy food can be just as yummy as that processed, sugary and fat laden stuff that people consume on a daily basis. I'll let you know what foods are good, and which ones are duds! Have a healthy day!

Settings Edit

SHARE

Settings Add Post Edit Categories

Kettle Foods Cashew Butter

Sponsored by: **Kettle Foods**

Did that say, *Cashew Butter*? Because it really should have said *Cashew Better* (I have lame jokes, but I don't care. You love me, anyway! 😊) Seriously, I have had my share of nasty nut butters in the past. In fact, I remember buying a cashew butter a few years ago. I went to the store with my mom, and I remember being SO excited when I spotted some cashew butter. Obviously, peanut butter *has my heart*, but my favorite 2 nuts are pecans and cashews (hey- how come they don't have *pecan butter*??). So, I came home with the jar, took a big spoonful of it, and YUCK. It was horrible! Pasty, no flavor, and just **wrong wrong wrong**.

But then- Kettle Foods sent me a jar of their Cashew Butter. I was skeptical, hesitant even. Would this taste the same? I dipped my knife in after stirring it up a bit, and...

YUMMY! It was so creamy and really tasted like someone took fresh, buttery cashews and grounded them up into this nut butter. It tasted like it had salt-but there was **NON** added!! Honestly, you don't miss it a bit! It has a sweet aftertaste to it as well. PERFECT on toast, or crackers, the website even suggests rice cakes. I was perfectly content with the combination of **spoon + jar**

+Lisa's mouth= one happy camper! (speaking of camping, I bet this nut butter would ROCK on s'mores!)

Overall, this nut butter is really excellent. It gets 4 1/2 stars in my book. Honestly, if you can't have peanut butter for whatever reason (I feel for you, I really do 😊), and are looking for alternatives, look no further than **Kettle Food's** Cashew Butter!

1 oz (about 2 Tbs) is 160 calories, 14 grams of fat, 8 grams of carbohydrates, 1 gram of fiber, and 5 grams of protein.

Cashews, Sunflower and/or Safflower oil. (I always love the foods that taste awesome with the short ingredient list- connection perhaps?

Statistics

Entries (10)

Categories

- All Natural (3)
- Bars (1)
- Caramel (1)
- Cascadian Farms (1)
- Desserts (2)
- Flax Seed (1)
- Greek Yogurt (1)
- Hemp Seed (1)
- pancakes (1)
- Peanut Butter (2)
- Salsa (1)
- snacks (1)
- vegan (1)
- vegetarian (1)
- waffles (1)
- Yogurt (2)

Archives


- April, 2010 (1)
- March, 2010 (9)

Ad units

- 120 x 600



Settings Edit




Only Natural Food: Lean Organic Beef Giveaway

ROCKY MOUNTAIN ORGANIC GRASS FED LEAN BEEF GIVEAWAY Edit

Saturday, April 24, 2010 1:30:19 PM

[Previous Post <<](#)



Think you can't eat beef while trying to lose weight? Well guess again! This delicious grass fed organic sirloin from ROCKY MOUNTAIN GRASS FED ORGANIC BEEF is only 425 calories for a 6 oz serving. And taste? Well there is nothing like the unadulterated taste of cattle raised in the Rockies that roam free on certified organic pastures. The animals receive no hormones, no antibiotics and no steroids. And the taste? Rapturous. So you can win a 20 pound box of selected lean beef simply by entering in one of the ways below.

There are several ways to enter.

1. To enter the giveaway simply leave a comment at the bottom of this page telling me your favorite ways to cook beef.
2. Tweet about the Only Natural Food/Rocky Mountain Lean Beef Giveaway
3. Post a link from your blog to this contest and email us to let us know (info@onlynaturalfood.com)
4. Sign up for our only natural food newsletter by emailing us (info@onlynaturalfood.com)
5. Join our fanpage!
6. The more ways you enter, the greater chance you have to win!

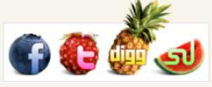

ELIGIBILITY

- Contest are open to US residents, 21 years of age and older unless otherwise noted or prohibited by your state.
- Selected winners must provide a valid mailing address and phone number, excluding P.O. boxes. 48 lower states only
- This contest ends on May 15, 2010
- Winner will be posted on this website on May 16, 2010. Winner must provide an email address to: info@onlynaturalfood.com
- Winners are notified by email and must claim their prize within 48 hours (noted on email time stamp) or a new winner will be selected in a live drawing.
- Only Natural Food cannot be held responsible for lost, damaged or undelivered prizes.
- Winner selected by random drawing

SPONSORED BY: ROCKY MOUNTAIN ORGANIC MEAT...Nature's Finest Reward!

Statistics

Entries (3)

Ad units on promotion

- 300 x 250
- 120 x 600

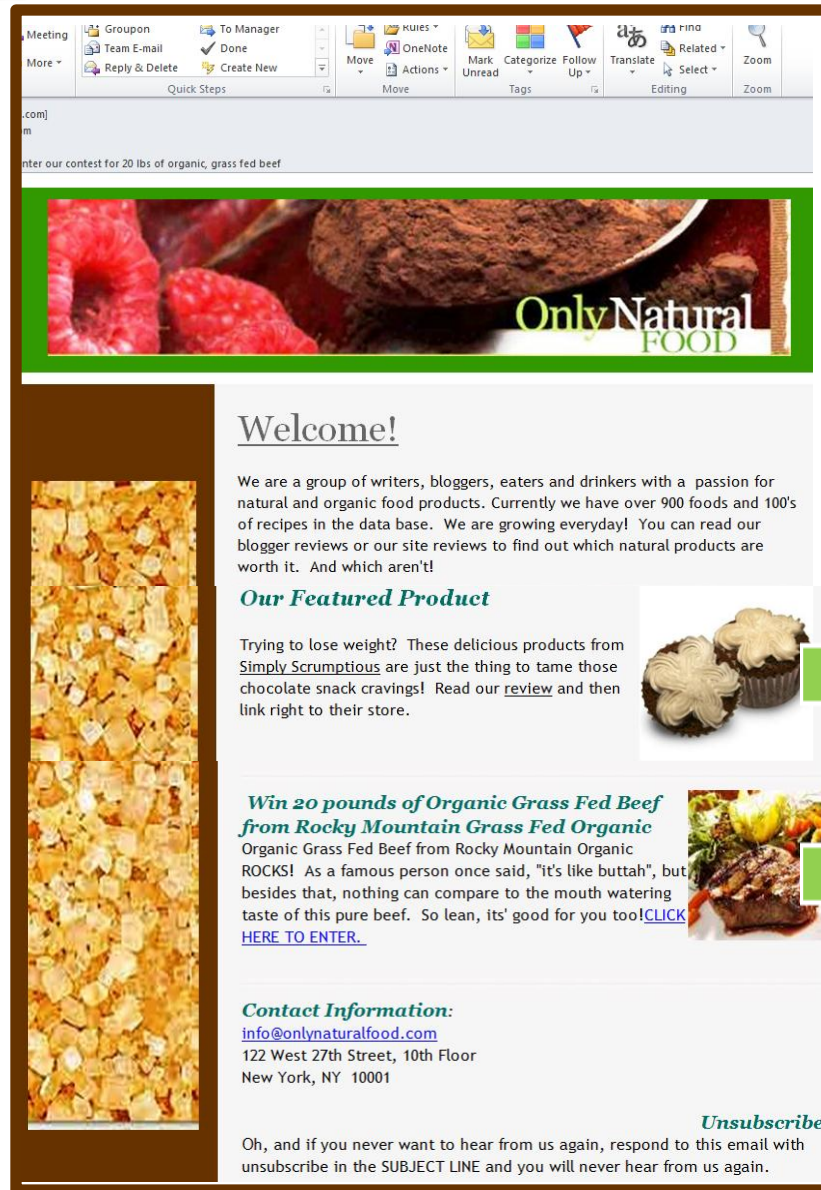


Promoted on:

- twitter
- Facebook
- blogger outreach
- email blasts!


Only Natural FOOD

ADVERTISING EXAMPLES: Newsletter blast



Meeting Group On To Manager
More Team E-mail Done
Reply & Delete Create New
Quick Steps Move Actions
Move OneNote Mark Unread Categorize Follow Up Translate Select Zoom

Enter our contest for 20 lbs of organic, grass fed beef




Welcome!

We are a group of writers, bloggers, eaters and drinkers with a passion for natural and organic food products. Currently we have over 900 foods and 100's of recipes in the data base. We are growing everyday! You can read our blogger reviews or our site reviews to find out which natural products are worth it. And which aren't!


Our Featured Product

Trying to lose weight? These delicious products from [Simply Scrumptious](#) are just the thing to tame those chocolate snack cravings! Read our [review](#) and then link right to their store.



Win 20 pounds of Organic Grass Fed Beef from Rocky Mountain Grass Fed Organic

Organic Grass Fed Beef from Rocky Mountain Organic ROCKS! As a famous person once said, "it's like buttah", but besides that, nothing can compare to the mouth watering taste of this pure beef. So lean, its' good for you too![CLICK HERE TO ENTER.](#)



Contact Information:

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[Unsubscribe](#)

Oh, and if you never want to hear from us again, respond to this email with unsubscribe in the SUBJECT LINE and you will never hear from us again.

Product Placement

- Product description
- Review
- Link to site

Promotion announcements



More Details

Only **Natural FOOD**

ADVERTISING COSTS:

- Promotion Giveaway: \$100 and prize fulfillment
- Sponsored blog post: \$150 one time cost, plus food samples
- Ad Banner Package: \$150+/month
- Recipe Integration and Ad Banners: \$250+/month
- Customized Guides: \$350+/month
- Newsletter: Added value with any of the above packages

GRAPHIC DESIGN/WEB DEVELOPMENT:

- Our team will create your ad units for a minimum monthly spend of \$500. These ad units can be used on other websites.
- Only Natural Food has a complete staff of web designers and developers. We offer website solutions based on your design and marketing needs.

SITE REVIEWS:

- Send us samples and we will review product free of charge. These reviews will be the honest opinions of our food reviewers and can not be changed or influenced in any way.



Only **Natural** FOOD

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