



tree house
KITCHEN®

A food literacy company

Media Kit



Your source for fresh ideas to help your audience improve culinary **skills**, learn cooking **systems** and have more **fun** cooking for and *with* their families.

explore

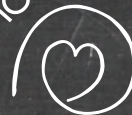


the
art and
science of
cuisine



grow in
essential
culinary life
skills

nourish



mind
and body with
top quality
whole foods



connect with your
inner chef,
family, friends,
and farmers

1-888-607-0333

www.treehousekitchen.ca

Unleash Your Inner Chef

It's easier than you think

Ready for fresh ways to engage with food?

Our mission is to help families bravely **explore** cuisine, **grow** in culinary life skills, **nourish** mind and body and **connect** with the inner foodie and each other.



We focus on sustainable and healthy living that connects with local farmers and other food sources. Our ideas and systems are health-, time- and family-tested; they reveal efficient, fun, delicious and sustainable ways to bring everyone together around the kitchen counter or the dining table. **There is an “inner chef” in everyone!**



Our cooking systems encourage the process of thinking like a chef, an explore-versus-chore mindset, and engagement of all your senses.



tree house
KITCHEN®

A food literacy company

1-888-607-0333

www.treehousekitchen.ca



Book Chef Nancy, founder of Tree House Kitchen, to host, speak at or write for your media events.



Nancy loves inspiring families to cook with joy, increase kitchen skills and grow in awareness of food sources and environmental connections. Chef Nancy is a media host, event host, public speaker, apprentice chef trainer, food writer and mom.



- Achieved Interprovincial Red Seal Standard in Canada, under renowned European chef Josef Vonlanthen.
- Taught in many GTA teaching kitchens, including those of LCBO.
- Hosted alongside GTA celebrity chef guest hosts such as Michael Stadlander, Naomi Duguid and Anna and Michael Olson.
- Been a guest chef on CFTO television, CHCH-TV and CBC radio.
- Published in Chatelaine, the Toronto Star, Hamilton Magazine, the Hamilton Spectator and the Globe and Mail.
- Volunteers as a community ambassador for food literacy and food access causes in schools, hospitals, clubs, foundations and green spaces; connects administrators to a nourishing foods-sustainable living approach; and, supports watershed stewardship.



tree house
KITCHEN®

A food literacy company

1-888-607-0333

www.treehousekitchen.ca



Unleashing inner chefs...

“Tree House Kitchen is a local treasure. The recipes are thoughtfully developed, the food locally sourced, and the dishes out-of-this-world delicious. You’ll be amazed.” – Karen Cumming

“Wow what an amazing experience! The food was absolutely amazing. Nancy was very patient with our many questions and provided a wealth of information about ingredients, cooking techniques and the best local businesses for quality ingredients.” – Sara W.

“The CFAs (Hamilton Community Food Advisors – a division of the Public Health and Chronic Disease Prevention Team) are so inspired by you and took home lots of great culinary ideas that they can incorporate into their future presentations and cooking sessions. I look forward to having you back and sharing your culinary expertise with the CFAs in the near future.” – Chwen Binkley, RD, MSc



“I definitely feel more confident in trying out some ingredients and cooking techniques that I have never used before.”
– Kerry Henderson



tree house
KITCHEN®

A food literacy company

1-888-607-0333

www.treehousekitchen.ca

Tap into a bounty of food inspiration



Food blog including
Nourishing Families,
Cooking Systems, Time Savers,
Chefs Answer, Conscious Eating,
Exploring/Sourcing, Entertaining and
Try This Recipe!



Quality-consistent recipes,
chef tips and kitchen news



Tree House Tips
newsletters for all
the latest recipes,
cooking systems and
news in your inbox



How-to
cooking videos



PLUS



Speaking and
teaching events
promoting food
literacy and
good food
access for all



tree house
KITCHEN®

A food literacy company

1-888-607-0333

www.treehousekitchen.ca

In the community

Read the latest media stories at
www.treehousekitchen.ca/tree-house-kitchen-media-kit/



The Globe and Mail interviews Chef Nancy Henley

On January 30, 2016, The Globe and Mail Metro (Ontario Edition) published an article titled "Cooking with kids: Playful meets healthful in the kitchen." The article included several of Chef Nancy's healthful philosophies and tips for engaging children in the kitchen. "Sensory engagement and exploration in the market and kitchen are ultimately more fun," shared Nancy. "It also develops neural pathways, self-reliance and skill — this is beneficial long term." [Read more here.](#)



Chef Nancy Henley is featured in Defyeneurs Magazine Top 50 Wellness Tips

Chef Nancy Henley was asked by Dr. Kristy Prouse of Institute for Hormonal Health to contribute an inspiring tip to Defyeneurs magazine. Nancy's tip is featured on page 10 of the publication. [Read it and the issue's other top 50 health wellness tips.](#)



Chef Nancy Henley shows how to cook the perfect Thanksgiving dinner on CHCH TV

Lori DeAngelis of CHCH Morning Live visits Tree House Kitchen to get some tips from chef Nancy Henley on cooking the perfect turkey and all the delicious elements of a Thanksgiving dinner. [Watch and learn Nancy's chef secrets and how to reduce Thanksgiving stress by preparing a perfect meal ahead of time.](#)

Cable 14 visits Tree House Kitchen to film Chef Nancy

Danielle de Graauw of Cable 14 visits Tree House Kitchen to discover Chef Nancy's nourishing family cooking recipe systems and techniques, and shares this pre-show Flipagram. Look for the video segments on Cable 14 Hamilton Life.



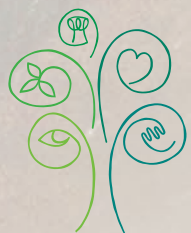
**tree house
KITCHEN®**

A food literacy company

1-888-607-0333

www.treehousekitchen.ca

Contact



tree house
KITCHEN®

A food literacy company

For cooking demos and nourishing
stories that will delight your
readers and viewers:

1-888-607-0333

To see more, visit:

www.treehousekitchen.ca