

NUTRIENTS
FOR LIFE



NUTRIMENTS
POUR LA VIE

2021

ANNUAL REPORT





Mission

A leader in “teaching teachers” with science-based, curriculum-aligned plant nutrient resources, programs and initiatives. We work collaboratively with others to demonstrate the role of nutrients in plant production and promote solutions for sustainable agriculture and environmental stewardship.

Vision

The soil beneath our feet is the foundation for world food security. By leading the development and delivery of plant nutrient educational programming we ensure Canadians are informed and contributing to solutions that sustainably grow healthy plants and protect our land, air and water for future generations.



BOARD OF DIRECTORS

Bob Adamson *Chair, Pembina Trails School Division*

Lindsey Verhaeghe *Vice Chair, Nutrien*

Raymond Carriere *Green Spaces Consultant*

Terry Baker *Franklin Land and Cattle Company Ltd.*

Luke Burton *J.R. Simplot*

Dan Doyle *Fertilizer Canada*

Hugh Loomans *Sylvite Group of Companies*

Kier Miller *Soil Conservation Council of Canada*

David Pinzon *Corteva Agriscience*

Gary Vogen *Yara*

PARTNERS

Agriculture in the Classroom Canada

Agriculture in the Classroom Prince Edward Island

Canada Agriculture and Food Museum

Communities in Bloom

Compost Council of Canada

Farmers Edge

Inside Education

Manitoba Agriculture, Food and Rural Initiatives

Nutrients for Life Foundation USA

Soil Conservation Council of Canada

Vanco Farms

SPONSORS

Platinum Sponsors

Nutrien

Gold Sponsors

J R Simplot

Sollio Agriculture

Yara

Silver Sponsors

Cargill

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Fertilizer Canada

Scotts Canada

Bronze Sponsors

Cavendish Agri Services

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Shur-Gro Farm Services

Sylvite

Learning Garden Sponsors

MacEwen Agricentres

Pembina Trails School Division

LETTER FROM THE CHAIR

Bob Adamson



As we emerge from our global two-year battle against Covid – 19 there is increasing optimism of a renewed connection to community. We look forward to the opportunity to engage with educators across Canada not only through virtual meetings and online presentations, but with in-person events allowing us to be in the classroom and in the field. All of the regional managers look forward to getting their hands in the soil ('Getting the Dirt on Soil') with both teachers and students.

Nutrients for Life welcomes the opportunity to reconnect with teachers and students to address food security, soil health and water security. The last two years has seen Nutrients for Life create a virtual presence that has allowed the Foundation to continue to reach its teacher and student audience in an even broader scope. Being able to welcome in-person instruction along with our expanded on-line presence provides students, teachers and community access to resources and expertise in a way perhaps not envisioned a few years ago. In my message in April 2021 I had expressed optimism in that we would soon emerge from the global impacts of Covid and 2022 appears to be offering that hope. What we cannot overlook in our fight against this pandemic are those issues that were previously identified and which are still with us.

I had noted that the United Nations (UN) had provided us with a blueprint of issues and challenges for food and water security along with hunger alleviation and gender equality. The UN identifies potential solutions through the UN's Sustainable Development goals. In a repeat from my last message I would like to restate the following. "At the forefront of the blueprint, is the key role that education must play in our fight for Zero Hunger and Clean Water and Sanitation. Food and Water Security can and will be addressed through education, collaboration and the technologies and innovation that we can bring to bear on finding solutions that will eradicate this other pandemic. Food and Water security is not an issue that is someone else's, but an issue that impacts all of us. Local communities including urban, rural and our northern neighbors are all impacted. Population growth, urbanization, changing consumption diets,



biodiversity loss and climate impacts on our food production systems challenge us in ways that require a systems approach supported by an education network to ensure that we are able to successfully respond to these challenges. The Nutrients for Life Foundation's Mission and Vision sees the path forward being led by a vigorous educational approach that not only brings science and technology to bear on the issues but also one that addresses the misconceptions that surround our food production systems which impact our ability to successfully meet our goal of Food and Water Security for all."

Time does change how we perceive that around us but the reality of food and water security for a growing world population should always be at the forefront of all we do. I am excited about the role that Nutrients for Life will play as we emerge into a new or renewed "normal". Our NFL team of regional managers and an active Board of Directors will provide the resources and supports that students and teachers across Canada need in order to engage their classes in authentic learning around sustainable nutrition.

The Foundation is also refining the themes that we have developed in order to provide youth and educators the knowledge and resources not only to have a deeper

Letter from the Chair – Continued

understanding of what Sustainable Nutrition is, but also to advance opportunities to engage in a deeper understanding of the role that current and emerging technologies play.

This year I am pleased that Nutrients for Life Foundation Canada has been able to provide a significant number of our resources in both official languages and is working to have a bilingual platform by the end of the year. Through the support of the Government of Canada and our generous sponsors, Nutrients for Life Canada is making a difference on how communities see the role that nutrients and sustainable practices through the 4R's address issues in providing for a secure source of nutritional food for a growing global population. What is truly exciting is that we are engaging community in taking "action" through authentic STEM endeavors including the support and promotion of student research, which will impact on post secondary education choices as well as career choices leading to future innovation. I would be remiss if I did not recognize the impact that the expansions of our School Learning Gardens, which reach communities from sea to sea to sea, have on student learning.

It is a privilege to work with our NFL team of educators, Board of Directors and Foundation Partners to ensure that our program continues to meet the needs of our expanding community. The passion that our Board of Directors have for the sector and their vision of how to best serve our communities across Canada strongly motivates not only myself but our program staff and the educators and students we serve. Your passion and commitment support and strengthen the work of the Foundation to meet the Mission and Vision we have set for our team.



LETTER FROM THE EXECUTIVE DIRECTOR

Tamara Sealy



As most would agree, 2021 has certainly been another challenging but interesting year. One thing that the pandemic has taught all of us is how to be flexible. As 2021 began, we had hoped that life would get back to somewhat of a normal pace, and our staff would get back on the road visiting classrooms attending teacher conventions and industry events. There were a few pockets of time in which our Regional Managers could visit schools and present to students in 2021, but we also had a significant presence once again with virtual visits.

Our school learning garden program flourished in 2021, with the Foundation being able to assist 44 schools from British Columbia to Newfoundland and Labrador get their students outside. Their hands in the soil to learn about the importance of producing healthy, nutritious food.



Throughout 2021, NFL Canada came up with new ways to bring soil and plant science to life in Canadian classrooms. As always, we celebrated National Soil Conservation Week. We launched a fundraising campaign to bring our Soil Science Explore Boxes to middle school and high school classrooms. We had an overwhelming response from the industry in which 62 classrooms received a sponsored box of soil science supplies. Once again for Earth Day, we offered garden seed kits. In total, 212 garden seed kits were distributed to Canadian classrooms. Our partnership with Vanco

Farms enabled the Foundation to build another 25 classroom tulip kits to distribute during September and we are excited to see the blooms in Spring 2022.

To highlight Global Fertilizer Day, the Foundation hosted its first-ever virtual youth summit on Climate-Smart Agriculture, where 17 high school classrooms signed up to hear from two experts in the field. NFL Canada would like to thank Dr. Tom Bruulsema from Plant Nutrition Canada and Dr. David Pinzon from Corteva Agriscience for sharing their knowledge with the students.

Also, with a grant from Canadian Heritage, we have made most of our documentation and educational material available in French: our website will be fully bilingual in 2022. All these initiatives, along with our teacher membership drive, enabled NFL to connect with 182 teachers who have been expanding our outreach to students.

As we reflect on another year, we remember our vision and our mission to bring soil and plant science to life in classrooms from coast to coast. We are humbled by the continued support of our sponsors who believe in our mandate to bring science-based resources to youth from kindergarten to Grade 12 and beyond. We could not reach the over 40,000 students without their generous support.

We look forward to 2022 to be able to gather in person and rally together to continue to reach Canadian teachers and students with relevant and current resources. As Canadians we owe so much to the agricultural industry. It is important to portray to youth the bountiful and positive stories of the industry that not only produces safe and nutritious food for Canadian tables but for tables around the world.

I am proud of our small but mighty team of Regional Managers who continue to embrace this new world of virtual. We will be coming together once again to brainstorm so that we may continue to develop and deliver quality programming to classrooms across our vast Nation. Our impact can make a difference.

A handwritten signature in black ink that reads 'Tamara Sealy'.

OUR SCHOOL GARDEN FAMILY CONTINIES TO GROW

School Gardens (\$500)

Jaffray School- Jaffray, BC
Margaret Ma Murray Community School - Fort St. John, BC
West Meadow Elementary School - Claresholm, AB
Cold Lake High School - Cold Lake, AB
Robert Thirsk High School - Calgary, AB
Berry Creek School - Cessford, AB
Brightview School - Edmonton, AB
Chief Jacob Bearspaw - Eden Valley, AB
Hillhurst School - Calgary, AB
Ecole Mountain View School - Hinton, AB
Busby Elementary School - Busby, AB
Balfour Collegiate - Balfour, SK
St. Augustine School - Wilcox, SK
St. Luke School - Saskatoon, SK
WP Sandin Public School - Shellbrook, SK
Kelliher School - Kelliher, SK
Campus Regina Public - Regina, SK
Creighton Community School, Creighton, SK
Ecole Debden Public School, Debden, SK
Elmwood High School - Winnipeg, MB
Bonnycastle School- Winnipeg, MB
La Verendrye School - Portage La Prairie, MB
Major Pratt School - Russell, MB
Inglis School - Inglis, MB
Waywayseecappo Off-Campus School - Russell, MB
Isaac Beaulieu Memorial School - Marius, MB
Gateway Public School – Guelph, ON
Orchard Park Secondary School – Stoney Creek, ON
Ecole Louis-Joseph Papineau- Montreal, QC
John Adam Memorial- Delson, QC
Bath Community School – Bath, NB
Beaverbrook School – Moncton, NB
Ecole Amirault – Dieppe, NB
Frank H MacDonald Academy – Sutherland’s River, NS
Glance Bay High School – Glance Bay, NS
Montague Regional High School - Montague, PE
Phoenix Academy – Carmanville, NL
Saint Mary’s Academy – Edmundston, NB

NFL Learning Garden Schools (\$3000 over two years)

Carseland School - Carseland, AB
Canora Composite School - Canora, SK
H.C. Avery Middle School - Winnipeg, MB
St. Anne Catholic School - Blenheim, ON
Bluefield Senior High School – North Wiltshire, PE
Leo Burke Academy- Bishop’s Falls, NL

“Thank you for your support in getting our school garden off the ground.”

“Thank you so much for this grant! It has helped tremendously in allowing our small rural school to make this vision come to fruition!”



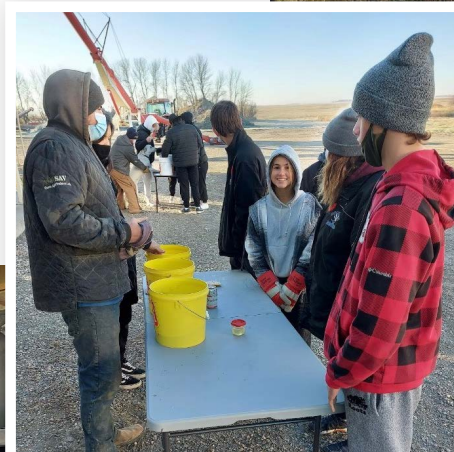
“On behalf of Gateway Drive school & community, much thanks for helping us grow!”

GEOGRAPHY CLASS DOES FARM TOUR

Kent Lewarne - Regional Manager



What started out as a discussion about water in our agricultural community quickly turned into an amazing and engaging tour of our watershed. Students from Pilot Mound Collegiate heard from local farmers and ag businesses about water stewardship issues in our area of southern Manitoba. The tour began at Wallace Seeds. Owner, Joe Wallace provided an overview of his seed business and importance of seed in producing food to feed the world. Joe and his staff answered student concerns related to crop selection and inputs. Students were challenged to match the right grain to the right product to wrap up the session. Then it was off to meet Jen Avery from NexGen Drainage Solutions. Hosting us at a lift station, Jen shared her experience of the tile drainage issue and some of the concerns she deals with from landowners installing but living near proposed projects. A mixed farm operation, Thornhill Farm (The Buchanan's) was the next stop. And a highlight here was feeding the cattle out in the pasture.



Many of the students, living in Pilot Mound to attend the hockey academy, were new to the agriculture scene! The Q-A here led to a discussion about the impact of cattle grazing on the land and carbon sequestration! (an added bonus) Off to Covers and Co to

see founder Joe Gardiner and learn about the benefits of cover crops. We kept Joe to his allocated time but his easy going, passionate presentation of how he transitioned from “conventional” farming to his current practises was well received by the group. The last stop was all about the water flowing in this watershed. At the Rock Lake Dam, students were challenged to think about the ag practises of each site and the impact those practices had on the water in the Pembina River where we were standing. What an incredible way to discuss topics related to Manitoba’s Grade 10 Science and Geography course including, Food from the Land, Natural Resources, Dynamics of an Ecosystem, Chemistry in Action and Weather Dynamics.

SHARPE'S LEARN AG FIELD DAY

Ray Cochrane - Regional Manager



On September 16th, 2021, I participated in a Learn Ag Field Day put on by Sharpe's Crop Services for the students at Macdonald School, Stockholm, SK. This was a highly anticipated event as it would be the first outdoor student ag event in a long time. Nutrients for Life had one of the 6 field stations offering different ag topics. The NFL topic comprised of Soil Characteristics and 4R Nutrient Stewardship complete with a rain simulator (it was a hit!). Different groups of students rotated through each of the stations with each group having an allotted time slot. It was an extremely successful and satisfying day with everyone involved enjoying the opportunity to interact on a person-to-person basis. It is our intention to continue to promote 4R Nutrient Stewardship and Climate Smart Agriculture through student ag events and field days.

NFL CANADA WELCOMES CHERYL

Cheryl Boguski



Cheryl joined NFL in the fall of 2021. Cheryl has been largely involved in the promotion of Nutrients for Life resources, events, Learning Gardens and workshop opportunities through social media posts, emails, and newsletter posts. Cheryl has also assisted in the development of the Canadian version of the H2Know case study investigation. She has also begun conducting virtual classroom presentations. Cheryl enjoys connecting teachers with engaging resources and activities that allow their students to experience the real world of soil science, plant growth, 4R Nutrient Stewardship and Watershed health.



NFL CANADA PILOTS TEACHER TOUR WITH NBTA (New Brunswick Teachers Association)

Tamara Sealy



On November 25th, 16 teachers from Southern New Brunswick boarded a bus for a day to learn more about New Brunswick Agriculture. The tour included stops at a potato farm, agro-tourism farm, dairy farm, and berry processing facility. The teachers gained a lot of information and learned how farmers are great stewards of their land and use great technologies and innovations to be more efficient. There are plans to host a couple more tours in partnership with the NBTA in 2022.



“Best
PD event
ever.”

“Everything was
well organized,
and overall it
was a GREAT
day.”

2021 YEAR IN REVIEW

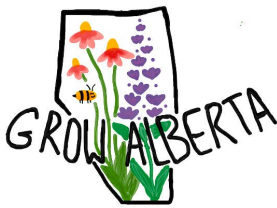
Earth Day Seed Kits

To celebrate Earth Day 2021, NFL Canada shared school garden seed kits with 212 classrooms. Each kit contained seeds for “Yellow” vegetables and flowers to help promote our partners at Communities in Bloom, with their “Hope is Growing” campaign.



NFL Canada participates in Grow Alberta Again in 2021

This grassroots program was initiated by students in Alberta to build seed growing kits to give to other Alberta students for growing at home during the pandemic.



255
PARTICIPATING
SCHOOLS & OVER
18,000
STUDENTS

2nd Annual NFL Canada/USA Virtual Teacher PD Event

Once again both organizations partnered to host another virtual teacher PD Event in June. Over 90 teachers from both countries tuned in daily for five days and learned how to bring soil science to life in their classrooms!



“Fantastic PD, loved the box of materials.”

2021 In Review continues on next page →

NFL Canada celebrates National Soil Conservation Week with, “Soil Science Explore Boxes”

This brand-new initiative was well received by many organizations. In late March, we put a call out to industry members to sponsor a box of classroom activities to bring soil science into Canadian classrooms. Box sponsors could choose a specific school or teacher to donate to or allow NFL Canada to place with an interested school or teacher.

OVER **40** ORGANIZATIONS SPONSORED ONE OR MORE BOXES

62 TEACHERS RECEIVED A SOIL SCIENCE EXPLORE BOX

Some reactions from teachers:

“Oh my goodness! This kit is AMAZING!”

“I am super excited to see the results of others and have my students do some real world science!”

“I can’t thank you enough for this resource for teachers and students! What a blessing this is. I really appreciate the effort to help us.”

2021 YEAR IN REVIEW

Continued from previous page

Canada Wide Science Fair goes Virtual for 2021

We would like to congratulate this year's winner of the Nutrients for Life

Special Award; Alex Lea

The screenshot shows the award page for Alex Lea, the winner of the Nutrients for Life Foundation Award. The page features the CWSF and ESPC logos at the top. Below the award title, there is a portrait of Alex Lea and details about her project: 'Soil Remineralization - Increasing Nutrient Levels and Bio-Mass in Pasture Grasses' from Central Interior British Columbia. The page also includes the event's virtual location: Ottawa, Ontario.

NFL Hosts a two-day virtual youth summit to celebrate Global Fertilizer Day

The team from NFL Canada held its first ever virtual youth conference on October 13th and October 14th where 17 classrooms from across the country signed up to hear from experts in the field about Climate Smart Agriculture. NFL Canada would like to thank Dr. Tom Bruulsema from Plant Nutrition Canada and Dr. David Pinzon from Corteva Agriscience for their excellent student sessions.

Two screenshots from the virtual youth summit are shown. The first is for 'Day 1: Climate-Smart Agriculture - Day 1' with the theme 'Climate-Smart Farming: We All Play a Role', featuring a keynote by Tom Bruulsema. The second is for 'Day 2: Climate-Smart Agriculture - Day 2' with the theme 'The Role of Innovations in Agriculture Towards a Sustainable Future', featuring a keynote by David Pinzon.

This graphic highlights three producers from across Canada. It features the 'International Year of Fruits and Vegetables 2021' logo and the title 'Producer Spotlight'. The featured producers are: 'The Jungle Farm' in Innisfail, Alberta; 'Dave and Donna Van Segbrook' in Tupperville, Ontario; and 'Cormier's Berry Patch' in La Salle, Manitoba. Each producer is accompanied by a small photo and a link to view their profile in English or French.

The UN has declared 2021 as International Year of Fruits and Vegetables

NFL Canada highlighted Canadian Fruit and Vegetable Producers from across the nation to celebrate. Visit our website to see all of the producer profiles.

Bulbs to Blooms Classroom Program

For the second year in a row, NFL Canada and Vanco Farms partnered to bring 25 kits of tulip bulbs to classrooms across the country.

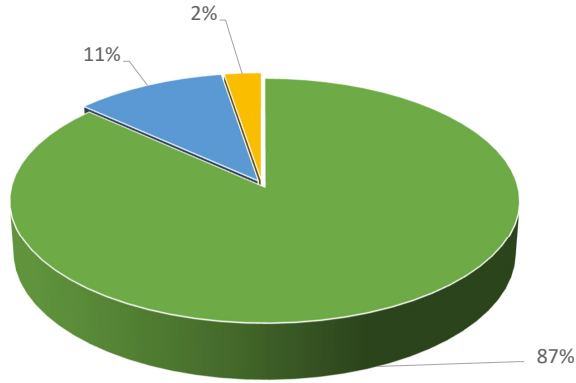
Due to the overwhelming success, all kits were spoken for in less than one hour. Each kit contained 100 bulbs, an activity guide, bone meal (courtesy of Scotts Canada) and other NFL Canada classroom resources on plants and soils.



2021 FINANCIALS

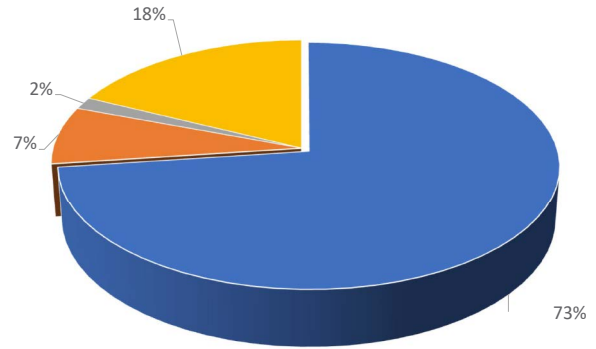
2021 REVENUES - \$294,672

- 87% Sponsorships and donations
- 11% Grants (Wages and Translation)
- 2% Miscellaneous



2021 EXPENDITURES - \$271,042

- 73% Programs
- 7% Communications
- 2% Fundraising
- 18% Administration



MEMBERSHIP STRUCTURE

MEMBERSHIP STRUCTURE

	Primary Logo Placement	Logo Listed on Website	Logo Listed in Annual Report	Recognition at all events	Recognition in all printed material	Recognition in selected material	Voting privileges at AGM	Ability to participate in special committees of the board	Receive a copy of the Annual General Report	Receive NFL Canada E-news	Charitable Tax Receipt	Classroom Activity
CORPORATE PARTNERS												
ANNUAL CONTRIBUTION												
PLATINUM	\$50,000 +	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏
GOLD	\$25,000		🍏	🍏	🍏		🍏	🍏	🍏	🍏	🍏	🍏
SILVER	\$10,000		🍏	🍏	🍏		🍏	🍏	🍏	🍏	🍏	🍏
BRONZE	\$5,000		🍏	🍏		🍏	🍏	🍏	🍏	🍏	🍏	🍏
LEARNING GARDEN	\$2,500		🍏	🍏		🍏	🍏	🍏	🍏	🍏	🍏	🍏
INDIVIDUAL PARTNERS												
LEADER	\$100					🍏		🍏	🍏	🍏	🍏	
SUPPORTER	\$50							🍏	🍏	🍏	🍏	
TEACHER/EDUCATOR									🍏	🍏		🍏
FRIEND	WELCOMED								🍏	🍏		

EDUCATOR/ TEACHER MEMBERSHIP

We would like to “Thank” the following teachers for becoming members, and bringing NFL Canada materials into their classroom.

Alison Jackson	Megan Gurski	Jolene Ursu	Cheryl Mcqueen
Lenea Goriak	Jennifer Piasecki	Courtney Freeman	John VanDyke
Andrea Boyd	Ann Lacroix	Belle Watson	Nicole Waite
Patrick Wells	Shamim Pourfarshomi	Ann Cheek	Tracy Ellsworth
Magda Zaghloul	Lisa Corbett	Alison Ragoobar	Debbie Langston
Jackie Brown	Kim Giddens	Debbie Desjarlais	Rob MacAdam
Shauna Matiko	Cyndi Rogers	Jenny Sendall	Jayne Bettle
Steven Oscar	Lauren Edmunds	Joanne Querel	Kellie Deacon
Shannon Callaghan	Kyleigh Gunn	Kathy Stahl	Terri Cormier
Rebecca Kennedy	Anju Bajaj	Tammy Bedard	Mary Kendrick
Heather Hladun	Kathy Macauley	Caitlin Corkum	Kelly Doiron
Michelle Wall	Carleigh Duiker	Tasha Steeves	Jennifer Ghiz
Bonita Juby	Tracey Hildebrand	Katheen Cormier	Susan Coleman
Jessilyn Babiuk	Christina Woo	Alice Walker	Colleen Sulatyski
Nicole Bichard	Chantal Davis	David O’Leary	Laura Cox
Christina Fillion	Mitchell Hemphill	Angela Debertain	Shalyn Conroy
Lindsay Giesbrecht	Karalyn Main	Cindy Somers	Amanda Cooke
Kim Chapman	Alison Jackson	Catherine EIElls	Laura Skrumeda Sawby
Carrie Pardoski	Pearl Tymchuk	Brian Corbett	Erin Hughes
Lauren Groff	Erin Thomas	Jeanette Godreau McCarthy	Jocelyne Savoie
Paige Hanley	Hannele Gordon	Caroline Cremers	Keri Russell
Tanya Fifiel	Ashley Morrison	Claire Leblanc	Lingling Qiu
Tomalyn Young	Nicole Clouson	Heather Spracklin	Joanne Badali
Jared Nichol	Steven Carroll	Gordie Kline	Christine Labelle
Cathy Cornwell-Brown	Sandra Wilson	Elaine Lawley	Irene Grobin
Meaghan Marciszyn	Carolyn Fluter	Radu Ilie	Betty Whitwell
Norine Tourangeau	Randy Doll	Maria Gennuso	Candance Barton
Laura Hinds	Chris Hartman	Marica Beljo	Georgina Moniz
Sarah Brown	Heather Griffioen	Gayle Hampson	Miranda Mak
Leonor Costa	Sarah Oakes	Niki Gallo	Samena Rahman
Natasha Lesar	Nicole Lewis	Sharon Mulder	Maureen Sweeney
Christine Yun	Kim Guite	Mona Boyd	Naomi Pol
Rebecca Smith	Newell Johnson	Julie Erbland	Josh Gibbon
Jane Brockington	Darcie Slugoski	Denise Deon	Alisa Sayce
Jennifer Fleming	Gregory Bubnick	Linda Tyson	Kate Daniel
Vivian Ross	Kathy Scheck	Melissa Fiesser	Kerry Kelly
Michael Thomas	Evon Yang	Tiffany Archie	Stephanie Whittaker
Cory Cochrane	Hannah Persichino	Christina Cooper	Celine Sabourin
Donna Orr	Maria Acosta	Suzanne Abela-Nagels	Claudia Langlois
Michelle Taenzer	Steve Schultz	Bridget Ryan	Nancy O’Callaghan
Kelly Crague	Lisa Dubien	Shondie MacKenzie	Karen Fraser
Katie Beck	Julie Hayes	Tina Buccitti	Carolyn Fornataro
Michele Smith	Colleen Kiselyk	Cheryl Semeniuk	Kim Morrisette
Claudia Mandekic	Jennifer Morrison	Amy Laird	Angela Angelone
Anna Maria Puntillo	Bonnie Steele	GayEllen Dennis	
Shirley-Ann Oldnall	Sharon Phillips	Sonia Charest	

THANK YOU TEACHERS

We want to thank you for continuing to educate and inspire our youth. You have adapted and shuffled countless times over the year and we appreciate your dedication to our studentns. We salute you!

2021 IMPACT & SOCIAL

 **REACHED OVER:**
2,600 Teachers
40,800 Students

OVERALL REACH:
395,000

WEBSITE

10,831 Users
32,064 Page Views
1,689 Digital Downloads

 **DELIVERED OVER**
5,500 Resources

198 NEW TEACHER MEMBERS



 **TWITTER**

1,600 Followers

TWITTER IMPRESSIONS OVER

169,500

TWITTER ENGAGEMENTS OVER

4,200

 **FACEBOOK**

196 Followers

FACEBOOK REACH OVER

32,500

 **INSTAGRAM**

310 Followers

Reach over 2,900

 **YOUTUBE REACH OVER 72,000**

 **LINKED IN: 75 FOLLOWERS**