



## Sprout Media Pack

Thanks for asking Sprout to be a part of your upcoming event! Sometimes we're asked for a bit of extra information or photographs to include in promotional material, so here's everything you need!

**Most importantly** the Sprout team is made up of an unbelievably fantastic team of cooks, foodies and health professionals, and we'll always be sure to send the best team possible to your event.

Naturally, Themis and Callum can't attend them all, so (particularly if you are selling tickets), it's best to simply refer to us as "*the team from Sprout*" or "*Sprout Cooking School & Health Studio*".

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### SOCIAL LOVE

If promoting your event on social media, please use **#sproutadl** and don't forget to tag us so that we can help spread the word about your event too!



@SproutADL



@SproutADL



@SproutADL

### PHOTOGRAPHS & LOGOS

Official photographs and logos can be downloaded at [sprout.edu.au/media](http://sprout.edu.au/media)  
Please forward all promotional proofs to [sprout@sprout.edu.au](mailto:sprout@sprout.edu.au) for approval

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### ABOUT SPROUT

*Sprout is a totally hands on, healthy cooking school established in 2011. Sprout is all about cooking with fresh, local and seasonal produce, and our aim is simple - to teach people how to cook nutritious and delicious recipes for themselves, and help them understand the relationship between food and health. In 2014, we opened SA's largest purpose-built kitchen in Hilton, just west of Adelaide. We also offer corporate and private catering, team building classes, workplace health programs, cooking demonstrations, kids cooking classes and school curriculum programs.*

*In 2014 we opened **Sprout Health Studio**. Our Health Studio is home to dietitians, podiatrists, psychologists, chiropractors and physiotherapists, who work together to complement our cooking school's hands on approach to education and health. Sprout Health Studio is dedicated to helping you achieve real, sustainable and positive health changes.*

*In 2016 Sprout's first cookbook was published. **Quick. Easy. Healthy.** is packed full of simple, delicious, nutritious recipes from our most popular cooking classes!*

For individual biographies and more information about Sprout, visit [sprout.edu.au](http://sprout.edu.au)

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### A note on *MasterChef*

While we all love watching Callum on *MasterChef*, Callum is not affiliated with the show, and these days he is busy focusing on Sprout and his presenting role on Channel Seven's *SA Life*. Callum very kindly asks that you do not refer to him as "Callum from MasterChef" in your promotional material, or imply that he will personally be at your event. Thanks!

**We are so excited to be part of your event and we look forward to seeing you there!**