

# BROWN VEGAN MEDIA KIT



**Monique Koch**



## **ABOUT MONIQUE**

**Vegan Content Creator & Podcast Host**

Monique Koch is a home cook, podcaster, and vegan coach.

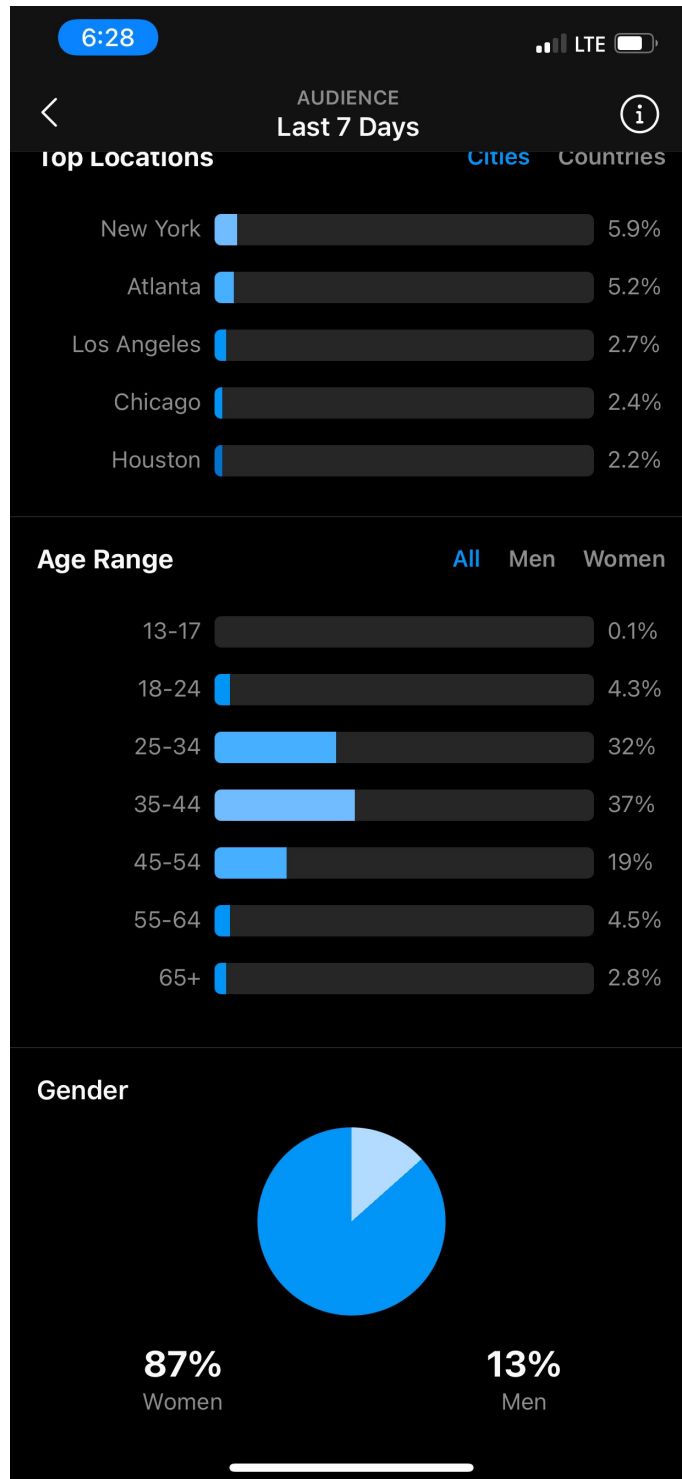
In 2010, after being a vegetarian for two years, she decided to become an ethical vegan with her three school-aged sons.

After seeing how easy it was to enjoy delicious vegan meals as a family, she started a YouTube channel and blog to help thousands of people start their own vegan life.

When she's not testing recipes, coaching families, or speaking at live events, Monique enjoys listening to podcasts and traveling.

# Demographics

## INSTAGRAM: TOP LOCATIONS AND AGE RANGE



# Social Media Statistics

30.5K

INSTAGRAM  
FOLLOWERS

52K

YOUTUBE  
SUBSCRIBERS

17K

MONTHLY PODCAST  
DOWNLOADS

1,690,354

YOUTUBE  
VIDEO VIEWS





<b>51,700</b>	YouTube subscribers
<b>29,700</b>	Instagram followers
<b>22,200</b>	Facebook followers
<b>17,000</b>	Podcast downloads/mo
<b>3,937</b>	Newsletter Subscribers

Brown Vegan has a simple and practical approach to vegan life. Through careful curation, engagement through social media, written content, podcasting, and video, Brown Vegan strives to take the apprehension out of the starting a vegan journey.

# Past Partnerships

A LOOK INTO PAST COLLABORATIONS



— MOO IS MOOT® —

milkadamia®



A M E R I C A N  
FLATBREAD

# Media Features

A LOOK INTO PAST COLLABORATIONS

## The New York Times



# VegNews

LET'S WORK TOGETHER  
For collaborations contact

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