

SCHOP! Weekly Home Monday to Friday

Consultation	Evaluate your kitchen's capabilities, assess basic requirements, determine personal likes + dislikes + which of our services best suits your needs.	FREE
Food + Kitchen Supply Shopping	Includes household items, toiletries + other non-edible items.	\$ 50/hr
Food Prepping	Cleaning + chopping fruit + vegetables, seasoning + portioning meats, preparing anything that does not require cooking.	\$ 60/hr
Cooking + Storing	Cooking dishes and/or meals, storing in freezer/refrigerator.	\$ 120/2 hrs

SCHOP! Package

Starting from...

Includes	2 weeks	4 weeks
• Food shopping	\$ 425	\$ 800
• Food prepping		

Prep + Cook Package

Starting from...

Includes	2 weeks	4 weeks
• Food prepping	\$ 525	\$ 1,000
• Cooking + Storing		

SCHOP! + Cook Package

Starting from...

Includes	2 weeks	4 weeks
• Food shopping	\$ 650	\$ 1,250
• Food prepping		
• Cooking + Storing		

Weekly menu planning is available for an additional fee.

SCHOP! Home Entertaining Dinner Parties of 2-12 people · Cocktail Parties of up to 50 people

Consultation	\$ 100	Food Shopping	2 hour minimum	\$ 60/hr
Evaluate your kitchen's capabilities, assess basic requirements, determine personal likes + dislikes + which of our services best suits your home entertaining needs.		Food Prepping	2 hour minimum	\$ 75/hr
Menu Planning	2 hour minimum	\$ 50/hr	Cooking + Serving (Family Style/Bufferet)	2 hour minimum
			Additional Staff (5 hour minimum)	market

The Grocer...for the hands-on chef **\$ 225**
meal planning + food shopping

The Entertainer...for the hands-off chef **\$ 500**
meal planning, food shopping + prepping, cooking + serving

The Schopper...for the smart chef **\$ 375**
meal planning, food shopping + prepping

The Inventor...for the creative chef **market**
create a package using 2 or more services, meal planning required

Different rates apply for hors d'oeuvres. · SCHOP! will provide an estimate of the time needed to execute service; final price will be based on actual time.

SCHOP! Sessions

- SCHOP! does...**
- ...use online shopping (where available)
 - ...follow prescribed diet menus
 - ...offer gift certificates
 - ...discount packages
 - ...the dishes

All packages do not include the cost of groceries, supplies or transportation.

Personal Whole-Cooking Classes	\$ 75/hr
Each Additional Person	\$ 50/hr
Multi Session Packages	market
Kitchen Set-Up + Organization	\$ 75/hr
Includes pantry, refrigerator, freezer, cabinets	
Food Consulting	market
personal, restaurant, cafe, nutritionist, trainer	

SCHOP! Specials



917.689.7106 · www.iSCHOP.com