

PERSONAL CHEF SERVICES - FAQ

HOW IT WORKS:

First, we will discuss your preferences. I need to know what you like to eat and what you don't. I need to know if you have any dietary restrictions or allergies, if you are trying to incorporate more vegetables/grains etc. in your diet, or, if you are trying to avoid certain foods.

Based on this discussion, we will come up with a list of dishes you want and like. Then you will reserve a cook date. I will do the shopping on the day that I will prepare the meals for you. I will shop for fresh ingredients and then come back to your house to prep and start cooking. I will bring my own knives and any equipment you might not have; otherwise, I will use the equipment that you have on hand at your house. When I am done I will clean the kitchen and put everything away. Fresh food will be stored in your refrigerator for you to enjoy over the following few days.

WHY I COME TO YOUR HOUSE:

Virginia/Maryland/D.C. State health department regulations require that all meals prepared by a personal chef be cooked in the home of the consumer or at a licensed and inspected commercial kitchen (for which there is an additional hourly rental fee.). Given this requirement, I will come to your house to prepare your meals.

WHERE I SHOP FOR GROCERIES/WHAT INGREDIENTS I USE:

I can shop at your preferred store or market or the supermarket that is closest to your house. I try to get local and organic products when possible because they taste better and are better for you. I might ask you a few questions to make sure you have certain staples so I do not buy extra. When I am done with shopping I will provide you with the receipt.

HOW ARE THE MEALS STORED:

For obvious safety reasons, I recommend keeping freshly cooked meals in the refrigerator for no more than five consecutive days.

WHAT TO DO PRIOR TO MY VISIT:

When I arrive, I need to have a clean kitchen. I require clean countertops, sinks, range tops, and ovens. Also, I need space in the refrigerator for storing the food. Please have several reusable containers available for me to use for storing the cooked food.

CAN I, OR FRIENDS STAND BY TO WATCH & CHAT WHILE YOU COOK?

I'm always happy to chat or discuss your meals before or after I am done cooking; however, I do have a specific production schedule while I cook. Therefore, I would prefer to have limited to no interruptions while I am cooking. This helps me produce safe, delicious, high-quality meals for you.

THE COST & WHAT MY SERVICES INCLUDE:

The total price for my services includes a base service fee (which depends on the number of meals) plus the cost of ingredients. Please get in touch for more information regarding the base fee, which includes:

- Our initial consultation to find out about your preferences and dietary requirements;
- Menu planning and recipe research;
- Same-day grocery shopping for fresh ingredients (produce, meat, fish, dairy and specialty items);
- Travel to and from your home;
- Cooking your meals;
- Packing, labeling, and storing the meals with heating instructions; and,
- A clean kitchen when I am done and a refrigerator full of meals for you to enjoy with your family in the days to come.

PAYMENT DETAILS:

I am paid on the day of the service, either by cash or by check. I ask for two separate checks, one for the food shopping and one for my services.

Marilena Leavitt
Personal Chef Services