



FEEL TRANSFORMED EATING WITH SIMPLICITY AND JOY

Transform Your Table Nutrition and Wellness (MKMGA, LLC) is a holistic nutrition, wellness, and culinary coaching company designed to empower people to rebuild their health one step at a time.

We are dedicated to serving our clients in transforming their relationship with food, eating, and cooking. We help people learn to sustainably eat healthy and feel great by building confidence in the kitchen.

We support individuals in translating the science of nutrition into everyday meals through evidence-based nutrition education, health-promoting skills, and doable tasks to meet health goals.

We are passionate about finding joy in food and eating, and guiding clients through lifestyle and mindset changes to find balance, reduce stress, and reach optimal health.

PARTNERS

We seek opportunities to partner with organizations to realize our vision of enhancing employee well-being, increasing productivity, and generating cost savings for your organization.

CONTACT

ALLISON MADER, NES, M.Ed. NUTRITION

Nutrition Specialist and Culinary Coach
Founder of Transform Your Table *nutrition & wellness*

 **617-380-4349**

 **transformyourtable.com**

 **ali@transformyourtable.com**

COMPREHENSIVE WORKPLACE WELL-BEING

Empowering Employee Health and Productivity

- **User Technology and Tools**
Personal Nutrition & Health Trackers, Web Portal, Mobile Access
- **Virtual Services**
1:1 Coaching, Online Courses, Wellness Challenges, Interactive Cooking
- **Onsite Services**
Lunch 'n Learn Seminars, Health & Nutrition Education Tables, Health Fair Booths
- **Health Fairs**
Variety of Nutrition, Health, & Wellness Education and Activities
- **1:1 Nutrition, Wellness, & Culinary Coaching, & Meal Planning**
Credentialed Health, Wellness, and Nutrition Education Specialists
- **Health & Wellness Challenges**
Real Time Participant Progress
- **Program Design and Development**
Customized, Best Practices, Compliance
- **Program Management**
Participatory

DIFFERENTIATORS

You can be **confident that our team:**

- **Values** individual **relationships and collaboration** elevating service delivery
- **Supports** frequent, **proactive**, and **personalized communication** with clients while demonstrating **understanding of and appreciation for different culture, and values.**
- Has conducted research, developed, and implemented evidenced-based nutrition and culinary education
- **Establishes** regular **feedback loops with stakeholders** that support constructive conversation about performance, progress, and proposed improvements based on data

COMPANY CODES & CERTIFICATION:

- **Unique Entity ID:** FJ84XEJEG3F8
- **CAGE/NGAGE:** 9D7G5
- **DUNS:** 016959139
- **NAICS:** 621399, 611699, 611620, 611710, 611430, 812191, 812990
- **PSC:** R401, Q999, U008, U099, R497, G099, U009
- **FSC:** 7360, 7610, 7690, 9999
- **WBE - Women Owned Business**
- **ServSafe Certified - 6052277**
- **Licensed State Educator** in Health and Family and Consumer Sciences/Physical Education
- Massachusetts Approach to Partnership Parenting (MAPP) Certified Instructor
- Preparing Adolescents for Young Adulthood (PAYA) Trained Instructor

MEMBERSHIPS & AFFILIATIONS

- Academy of Nutrition and Dietetics
- BNI International
- LivingPlateRX



"Ali at Transform Your Table is so passionate about what she does and helping people and it TRULY shows! With a Masters degree in Nutrition Education, she is uniquely qualified to take that education and apply it in a practical way to tailor the programs she offers to the needs of her clients. You can't go wrong entrusting Ali to navigate you through the sometimes overwhelming waters of nutrition and wellness and supporting a Woman Owned Business is a bonus!" -Dawn Aiello, EXP Realty

