

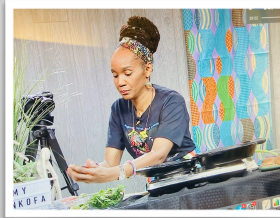
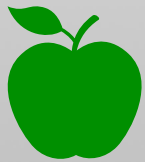
TIA CAPERS

Author / Vegan Cook / Influencer



About

TIA CAPERS is a book publisher, an author, vegan cook, jewelry designer, television producer, and the owner and operator of MY SANKOFA TABLE (MST), which consists of multiple health-conscious endeavors. She is known for hosting vegan dinners and engaging and influencing thousands of followers by way of social media and other platforms.



Services

- Catering for small groups
- Cooking demonstrations
- Consultations
- Products

My Sankofa Table TV Program

Airs Bi-weekly - every 2nd & 4th Saturday of the month @ 6:30 pm ET via:
<https://www.tvaccess21.com>



Audience/Contacts



YouTube Videos - Tia Capers (20+ recipe demonstrations)



FaceBook Group - My Sankofa Table (500+ members)



Instagram - #mysankofatable (1,000+ food posts)

Phone - (704) 728-7050

Email - tia@mysankofatable.com

Website - www.mysankofatable.com

Helping to save lives one meal at a time!