



# After the changes I made:

**Café at the Old Post**  
 Published by Mays Specialties · March 19 at 2:15 PM ·

Spring is starting to bloom at May's ☺  
 Join us for a Chef Experience inspired by fresh flavours, bright herbs, and the feeling of a new season.

📅 **March 28**  
 🎟 Tickets available in person at May's Café at the Old Post

**#HelloSpring #SpringFlavours #Freshingredients #ChefExperience #DiningExperience #FoodieOntario #FoodLoversCanada #DinnerExperience #PlatedPerfection #FoodPresentation #GourmetDining #DateNightIdeas #FoodieFinds #ShareTable #mayscafeattheoldpost #supportlocal #localfood #localbusiness #townofminto #harristonrising #palmerston #allboardpalmerston #CliffordConnects #LocallyLoyalMinto #smalltowneats #CommunityDining #dinerseries #specialievening #OntarioEats #CozyDining #mintoamberofcommerce #launchit #whatsuplistowel**



**Café at the Old Post**  
 Published by Mays Specialties · March 24 at 11:59 AM ·

Only 2 seats left!  
 Call or stop in ASAP to reserve!

**#HelloSpring #SpringFlavours #Freshingredients #ChefExperience #DiningExperience #FoodieOntario #DateNightIdeas #FoodieFinds #ShareTable #mayscafeattheoldpost #supportlocal #localbusiness #townofminto #harristonrising #palmerston #allboardpalmerston #CliffordConnects #LocallyLoyalMinto #smalltowneats #CommunityDining #dinerseries #specialievening #OntarioEats #CozyDining #mintoamberofcommerce #launchit #whatsuplistowel**



**Café at the Old Post**  
 Published by Mays Specialties · Mar 24 at 3:55 PM ·

A night filled with candlelight, laughter, and unforgettable flavours. ☺  
 To everyone who joined us for Valentine's Dinner — thank you for making it so special. From the surprise setups to the thoughtful conversations, we loved watching your memories unfold.

If you weren't able to join us this time, don't worry — this won't be the last special evening at May's Café. ☺  
 Keep an eye on our page in the coming months for future dinner nights and seasonal experiences.

Tell us below — what was your favourite moment from the night? ☺

**#CommunityGathering #ValentinesDay #locallove #romanticdinner #sharetable #mayscafeattheoldpost #supportlocal #localbusiness #localfood #townofminto #harristonrising #palmerston #allboardpalmerston #CliffordConnects #LocallyLoyalMinto #smalltowneats #CommunityDining #dinerseries #specialievening #OntarioEats #CozyDining #mintoamberofcommerce #launchit #whatsuplistowel**



**Not-for-profit**

February 21  
**February Evenings**  
**Deserve Better Dinners**

Because winter days feel long — evenings should feel rewarding.

February can feel long and, if you're winding a long week and weekend, just as if it's the longest month. Thankfully, prepared dishes, seasonal ingredients, and warm spaces in your local neighbourhood.

Bring someone you'd love to unwind with!

Tickets available in person at May's Café at the Old Post



**Café at the Old Post**  
 Published by Mays Specialties · March 30 at 2:35 PM ·

Weekly specials  
 Old Post Caesar Wrap  
 Bacon & Chicken Tortellini Soup  
 Apple Slaw  
 See you soon

**#WeeklySpecials #SoupOfTheDay #CafeLunch #ComfortFood #LunchSpot #CafeVibes #FreshlyMade #mayscafeattheoldpost #supportlocal #localbusiness #localfood #townofminto #harristonrising #palmerston #allboardpalmerston #CliffordConnects #LocallyLoyalMinto #smalltowneats #CommunityDining #OntarioEats #CozyDining #mintoamberofcommerce #launchit #whatsuplistowel**



This week's specials are here ☺  
 From hearty soups to fresh, vibrant salads and our loaded Postmaster's Baguette... everything is made fresh and ready for you.  
 Come in, get cozy, and let us take care of you! ☺

**#WeeklySpecials #SoupOfTheDay #CafeLunch #ComfortFood #LunchSpot #CafeVibes #FreshlyMade #mayscafeattheoldpost #supportlocal #localbusiness #localfood #townofminto #harristonrising #palmerston #allboardpalmerston #CliffordConnects #LocallyLoyalMinto #smalltowneats #CommunityDining #OntarioEats #CozyDining #mintoamberofcommerce #launchit #whatsuplistowel**



Book your date before it fills up  
**Catering for Every Occasion**

Meetings, parties, celebrations — we've got the food covered. You just enjoy the moment.



**Café at the Old Post**  
 Published by Mays Specialties · March 20 at 10:00 AM ·

Running low... but still WORTH it ☺  
 Come grab a cookie (or three) before they disappear ☺☺  
 Fresh baked treats coming again early next week!

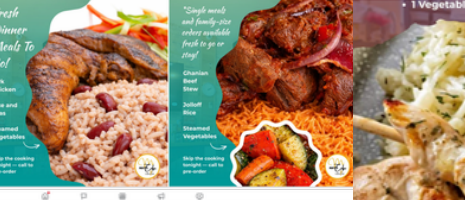
**#MaysCafe #harristonEats #FreshBaked #CookieLovers #supportLocalOntario #SmallTownEats #SweetTreats #OntarioFood #BakeShop #limitedBatch #OntarioFood #harristonEats #FreshBaked #CookieLovers #supportLocalOntario #SmallTownEats #SweetTreats #OntarioFood #BakeShop #limitedBatch #townofminto #harristonrising #palmerston #allboardpalmerston #CliffordConnects #LocallyLoyalMinto #smalltowneats #CommunityDining #OntarioEats #CozyDining #mintoamberofcommerce #launchit #whatsuplistowel**



**Café at the Old Post**  
 Published by Mays Specialties · March 24 at 1:54 PM ·

BIG flavour. Fresh meals. No stress.  
 Jerk Chicken + Rice + Peas  
 Ghanaian Beef Stew + Jollof Rice  
 Steamed Vegetables on the side  
 Skip the cooking tonight — we've got you covered.

**#takeoutdinner #familymeals #homeStyleCooking #dinnerlogo #freshlymade #mayscafeattheoldpost #supportlocal #localbusiness #localfood #townofminto #harristonrising #palmerston #allboardpalmerston #CliffordConnects #LocallyLoyalMinto #smalltowneats #CommunityDining #OntarioEats #CozyDining #mintoamberofcommerce #launchit #whatsuplistowel**



**Café at the Old Post**  
 Published by Mays Specialties · March 19 at 2:27 PM ·

Let us take dinner off your plate tonight.  
 Fresh, comforting meals made right here in our kitchen — ready when you are. Perfect for busy nights, family dinners, or when you just don't feel like cooking. ☺  
 Pre-order now & pick up between lunch and dinner hours!

**#takeoutdinner #familymeals #homeStyleCooking #dinnerlogo #freshlymade #mayscafeattheoldpost #supportlocal #localbusiness #localfood #townofminto #harristonrising #palmerston #allboardpalmerston #CliffordConnects #LocallyLoyalMinto #smalltowneats #CommunityDining #OntarioEats #CozyDining #mintoamberofcommerce #launchit #whatsuplistowel**



**Café at the Old Post**  
 Published by Mays Specialties · April 2 at 10:00 AM ·

Nothing makes us happier than hearing this ☺  
 From patties to coffee, we're so glad you loved every bite. Come see what everyone's talking about — we'd love to have you in!

**#CommunityLove #KindWords #mayscafeattheoldpost #supportlocal #localbusiness #localfood #townofminto #harristonrising #palmerston #allboardpalmerston #CliffordConnects #LocallyLoyalMinto #smalltowneats #OntarioEats #mintoamberofcommerce #launchit #whatsuplistowel**



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5 stars  
 "May was amazing!!! She is so nice to talk to and the coffee and food is great! Will definitely be back. We got patties, a sandwich and two drinks. The prices were great for the portions. 100% recommend."

4 months ago

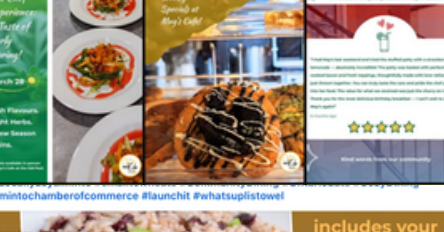
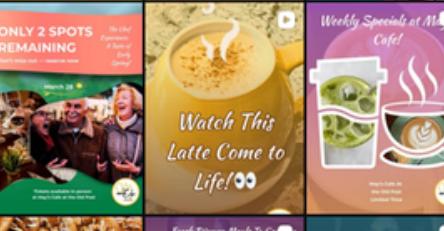
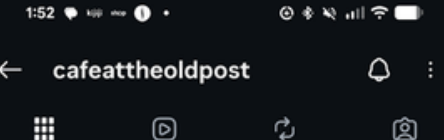
Shared with love from our customers



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includes your choice of:  
 • 1 Protein  
 • 1 Starch  
 • 1 Vegetable

Curry Goat  
 Coconut  
 Rice & Peas  
 Roasted

Made fresh in our kitchen  
 Pre-order and pick up between lunch & dinner hours  
 Single meals and family-size orders available

This Week's Options:  
 Protein  
 Curry Goat or Fry Chicken  
 Starch  
 Coconut Rice & Peas or Fries  
 Vegetable  
 Roasted Vegetables or Creamy Slaw

Launching March 13

**Jan.5 2026 10-2/4 hours:**

Organizing existing menu guides and directions for recipes and ingredient recipes on Canva. Bringing multiple menus, papers together into guides for the employees of May's Cafe to follow in the kitchen. Started with base understanding of expectations for the employee guides.

**May's current menus:**



**Notes:**

Writing rough lists and notes to outline the components included in the employee guides. I began organizing my thoughts and compiling questions to ask May when available, ensuring that everything is clarified and resolved by the end of the process. One of the main challenges is that information is often shared in pieces, requiring me to ask follow-up questions and document everything independently. As someone who wears hearing aids, my priority is to ensure that I accurately hear, understand, and record all details correctly.

Highlight Redo labels  
 Tasks  
 Menu Guide for Cafe  
 Recipe Guide for Cafe  
 Opening and Closing ~~for~~ Guide  
 Grab and Go Sandwich Guide  
 Sandwich and Wrap Guide

Heading: Bold 32  
 Subheading: Bold 14  
 List: Canva Sans 12

Recipe Guide List:

- In house Jerk Chicken
- Pineapple Salsa
- Honey Dill Mayo
- Sweet Chili Sauce
- Sweet Chili Sauce
- Roasted Vegetable
- Garlic Mayo
- Hummus In house
- Caramealized onions
- Pesto Sauce
- Cream cheese
- date

Feb 7<sup>th</sup> Erin - Town of Milton  
 Pistachio Cookie  
 with The Old Post - 2 #  
 The Old Post 3973

Hot Drinks  
 - Latte  
 - Cappuccino  
 - Americano  
 - London Fog  
 - Mocha  
 - Macchiato?

Cold Drinks  
 - Iced Latte  
 - Iced Americano  
 - Iced Mocha  
 - Affogato

Do you want teas in Hot Drinks or Separate?  
 Is the Macciatto Included? ✓ - May  
 Is the Affogato Included? - mainly summer  
 What cookies are there?  
 Any other compotes?  
 What does the Menu Guide for Cafe include?  
 What does the Opening and Closing Guide include?  
 Is the Stuffed Jamaican Patty BLT + Stuffed Jamaican Patty (no bacon) on Sandwich and Wrap Guide or somewhere else?  
 Do you want sweets separate from non sweets in the Recipe Guide Section?



**Menu design thoughts:**

I feel the menus need to be simplified and reorganized for better clarity and consistency. Currently, information is spread across multiple layouts with repeated items and varying structure, making it harder to navigate. A more unified menu system would improve readability, streamline ordering, and strengthen the overall brand experience.

# Pictures of cafe:



## Jan. 6 2026 10-2/4 hours:

Continuing the guides for employees to follow, working with May (owner) to get information. I came in the morning before 10 am open time and took photos of the menu boards and tea selection. Started to design by organization and categorization of titles and different guides, recipes to be filled out in sections (hot drinks, teas, cold drinks, grab and go recipe guide, ingredient recipe guide, breakfast sandwich recipe guide, index. Worked on getting any previous recipes listed directions edited by using chatgpt to reword and highlight words for consistency and easy for employees to follow.

## Grab and Go Recipe write down:

- Turkey Sandwich**
  - Grab white or brown bread
  - Mayo on each side
  - Meat cheese (1 slice)
  - Lettuce (1)
  - Tomato (1)
  - 3 slices of turkey
  - Close it, diagonal slice in half
  - Grab and go container
  - Label and seal
- Ham Sandwich**
  - Grab white or brown bread
  - Put mayo on each side
  - Cheddar cheese (1 slice)
  - Lettuce (1)
  - Tomato (1)
  - 3 slices of ham
  - Close it, slice in half diagonally
  - Grab and go container
  - Put label and seal on for finish
- Egg Sandwich**
  - Grab white or brown bread
  - Mayo on each side
  - Lettuce on top
  - Egg salad (get measured size)
  - Close it, cut in diagonal or half
  - Grab and go container
  - Label and seal
- Tuna Sandwich**
  - Grab white or brown bread
  - Put Mayo on each side
  - Lettuce (1)
  - Tuna salad (get measured size)
  - Close it and cut in half diagonally
  - Put in grab and go container
  - Label and seal
- Parfait Blueberry Yogurt: 100% Pure Vanilla**
  - Grab a 12 oz cup fill it with (specific yogurt) yogurt
  - (Specific amount) of blueberry compote - 30 gm
  - Cover and put double sided tape on top (Prepackaged)
  - Put granola container on top (Prepackaged)
  - Seal and attach together with seal
  - Label and stick on sides

- ### Strawberry Parfait
- Grab a 12 oz container, fill it with 25g yogurt of 100% Pure Vanilla
  - Add 30 grams of Strawberry compote
  - Cover with lid and attach double-sided tape to top of lid
  - Add prepackaged granola container on top of the side
  - Seal with Thank you sticker attaching both
  - Put label on the bottom half of the
- Questions
- Is the egg salad and tuna made in-house?

## Pictures of in-house regular teas:



## Hot and Cold Drinks Recipe Guide Canva Doc Progress:

Hot Drinks Recipe Guide	Cappuccino	Macchiato	Matcha Tea	Chai Tea	Hibiscus Tea	London Fog
<p><b>Hot Drinks Recipe Guide</b></p> <p><b>Coffee Flavours:</b></p> <ol style="list-style-type: none"> <li>Vanilla</li> <li>Salted Caramel</li> <li>Caramel</li> <li>Pumpkin Spice</li> <li>Chocolate</li> <li>Earl Grey</li> <li>Cardamom</li> <li>Vanilla</li> <li>Yogurt: 100% Pure Vanilla</li> </ol> <p><b>Coffee/Lattes:</b></p> <ol style="list-style-type: none"> <li>1. Pull Espresso: Full one double shot of espresso using bottom #2 directly into the cup</li> <li>2. Add Foam (if requested): If desired, add 2 pumps of syrup to the cup</li> <li>3. Steam Milk: Steam 8 oz of milk, creating approximately 1/2 inch of foam</li> <li>4. Assemble: Pour the steamed milk into the espresso</li> </ol> <p><b>Latte</b></p> <ol style="list-style-type: none"> <li>1. Pull Espresso: Full one double shot of espresso using bottom #2 directly into the cup</li> <li>2. Add Foam (if requested): If desired, add 2 pumps of syrup to the cup</li> <li>3. Steam Milk: Steam 12 oz of milk, creating approximately 1/2 inch of foam</li> <li>4. Assemble: Pour the steamed milk into the espresso</li> </ol>	<p><b>Cappuccino</b></p> <p><b>Recipe:</b></p> <ol style="list-style-type: none"> <li>1. Pull Espresso: Full one double shot of espresso using bottom #2 directly into the cup</li> <li>2. Add Foam (if requested): If desired, add 2 pumps of syrup to the cup</li> <li>3. Steam Milk: Steam 8 oz of milk, creating approximately 1/2 inch of foam</li> <li>4. Assemble: Pour the steamed milk into the espresso</li> </ol>	<p><b>Macchiato</b></p> <p><b>Recipe:</b></p> <ol style="list-style-type: none"> <li>1. Pull Espresso: Full one double shot of espresso directly into the cup</li> <li>2. Add Milk: Steam 2 oz of milk, creating approximately 1/2 inch of foam, and gently add on top of the espresso</li> </ol>	<p><b>Matcha Tea</b></p> <p><b>Recipe:</b></p> <ol style="list-style-type: none"> <li>1. Add Hot Water: Fill the cup with hot water, leaving room for milk if requested</li> <li>2. Pull Espresso: Full one double shot of espresso using bottom #2 and add 3 oz of hot water</li> </ol>	<p><b>Chai Tea</b></p> <p><b>Recipe:</b></p> <ol style="list-style-type: none"> <li>1. Add Vanilla: Add 2 pumps of vanilla syrup to the cup</li> <li>2. Add Tea Water: Pour one Earl Grey bag into the cup and add 3 oz of hot water to steep</li> </ol>	<p><b>Hibiscus Tea</b></p> <p><b>Recipe:</b></p> <ol style="list-style-type: none"> <li>1. Add Vanilla: Add 2 pumps of vanilla syrup to the cup</li> <li>2. Add Tea Water: Pour one Earl Grey bag into the cup and add 3 oz of hot water to steep</li> </ol>	<p><b>London Fog</b></p> <p><b>Recipe:</b></p> <ol style="list-style-type: none"> <li>1. Add Vanilla: Add 2 pumps of vanilla syrup to the cup</li> <li>2. Add Tea Water: Pour one Earl Grey bag into the cup and add 3 oz of hot water to steep</li> </ol>

## Breakfast Sandwich Recipe Guide:

- ### Breakfast Sandwiches Recipe Guide
- Egg Cheese Sandwich
  - Bacon Egg Cheese Sandwich
  - Sausage Egg Cheese Sandwich
  - BLT Sandwich
  - Bagel and Cream Cheese
  - Bagel and Butter
- ### Coffee Flavors:
- Vanilla
  - Salted Caramel
  - Caramel
  - Pumpkin Spice
  - Chocolate
  - Earl Grey
  - Cardamom
  - Vanilla
  - Yogurt: 100% Pure Vanilla
- ### Regular Teas:
- Green tea
  - Black tea: Earl Grey, Orange Pekoe, Earl Grey, Orange Pekoe, Earl Grey, Orange Pekoe, Earl Grey, Orange Pekoe
  - Apple Spice
  - Peach
  - Vanilla
  - White Chocolate
  - Hot Apple Cider
- Questions:
- Do you want to rename the Cold Hit to Sour dough, Cookies in-house?
  - Are you using what soft serve from ice cream do you offer?
  - Are coffee drinks made in-house?

## Grab and Go Recipe Guide Canva Doc Progress:

Grab and Go Sandwiches and Parfaits Guide	Turkey Sandwich	Ham Sandwich
<p><b>Grab and Go Sandwiches and Parfaits Guide</b></p> <p><b>Standardized Build &amp; Packaging Instructions:</b></p> <p><b>Turkey Sandwich</b></p> <ol style="list-style-type: none"> <li>1. Select one slice of protein to be added to each side</li> <li>2. Select one slice of cheese to be added to each side</li> <li>3. Add Mayo on each side</li> <li>4. Add one half portion of lettuce</li> <li>5. Add one slice of tomato</li> <li>6. Add one slice of turkey</li> <li>7. Add one slice of ham</li> <li>8. Add one slice of cheddar cheese</li> <li>9. Add one slice of pickles</li> <li>10. Add one slice of onion</li> <li>11. Add one slice of ketchup</li> <li>12. Add one slice of mustard</li> <li>13. Add one slice of mayo</li> <li>14. Add one slice of salt</li> <li>15. Add one slice of pepper</li> <li>16. Add one slice of hot sauce</li> <li>17. Add one slice of hot sauce</li> <li>18. Add one slice of hot sauce</li> <li>19. Add one slice of hot sauce</li> <li>20. Add one slice of hot sauce</li> </ol> <p><b>Ham Sandwich</b></p> <ol style="list-style-type: none"> <li>1. Select one slice of protein to be added to each side</li> <li>2. Select one slice of cheese to be added to each side</li> <li>3. Add Mayo on each side</li> <li>4. Add one half portion of lettuce</li> <li>5. Add one slice of tomato</li> <li>6. Add one slice of ham</li> <li>7. Add one slice of cheddar cheese</li> <li>8. Add one slice of pickles</li> <li>9. Add one slice of onion</li> <li>10. Add one slice of ketchup</li> <li>11. Add one slice of mustard</li> <li>12. Add one slice of mayo</li> <li>13. Add one slice of salt</li> <li>14. Add one slice of pepper</li> <li>15. Add one slice of hot sauce</li> <li>16. Add one slice of hot sauce</li> <li>17. Add one slice of hot sauce</li> <li>18. Add one slice of hot sauce</li> <li>19. Add one slice of hot sauce</li> <li>20. Add one slice of hot sauce</li> </ol>	<p><b>Tuna Sandwich</b></p> <ol style="list-style-type: none"> <li>1. Select one slice of protein to be added to each side</li> <li>2. Select one slice of cheese to be added to each side</li> <li>3. Add Mayo on each side</li> <li>4. Add one half portion of lettuce</li> <li>5. Add one slice of tomato</li> <li>6. Add one slice of tuna</li> <li>7. Add one slice of cheddar cheese</li> <li>8. Add one slice of pickles</li> <li>9. Add one slice of onion</li> <li>10. Add one slice of ketchup</li> <li>11. Add one slice of mustard</li> <li>12. Add one slice of mayo</li> <li>13. Add one slice of salt</li> <li>14. Add one slice of pepper</li> <li>15. Add one slice of hot sauce</li> <li>16. Add one slice of hot sauce</li> <li>17. Add one slice of hot sauce</li> <li>18. Add one slice of hot sauce</li> <li>19. Add one slice of hot sauce</li> <li>20. Add one slice of hot sauce</li> </ol>	<p><b>Ham Sandwich</b></p> <ol style="list-style-type: none"> <li>1. Select one slice of protein to be added to each side</li> <li>2. Select one slice of cheese to be added to each side</li> <li>3. Add Mayo on each side</li> <li>4. Add one half portion of lettuce</li> <li>5. Add one slice of tomato</li> <li>6. Add one slice of ham</li> <li>7. Add one slice of cheddar cheese</li> <li>8. Add one slice of pickles</li> <li>9. Add one slice of onion</li> <li>10. Add one slice of ketchup</li> <li>11. Add one slice of mustard</li> <li>12. Add one slice of mayo</li> <li>13. Add one slice of salt</li> <li>14. Add one slice of pepper</li> <li>15. Add one slice of hot sauce</li> <li>16. Add one slice of hot sauce</li> <li>17. Add one slice of hot sauce</li> <li>18. Add one slice of hot sauce</li> <li>19. Add one slice of hot sauce</li> <li>20. Add one slice of hot sauce</li> </ol>

## Strawberry Parfait

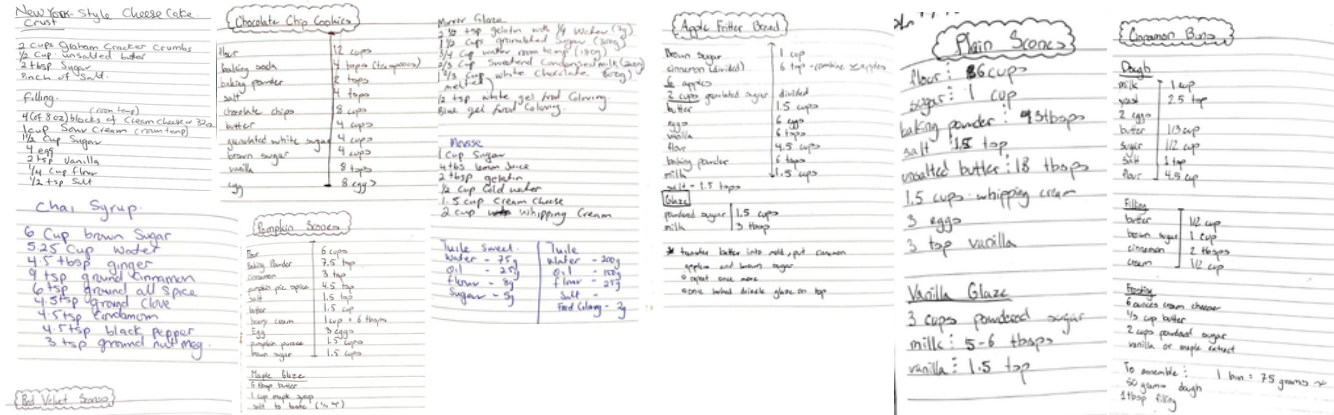
1. Select a 12 oz clear parfait container.
2. Weigh and add 250 grams of IOGO Pure Vanilla Yogurt, spreading it evenly in the container.
3. Weigh and layer 30 grams of strawberry compote evenly on top of the yogurt.
4. Secure the container with the lid.
5. Apply double-sided tape to the top center of the lid.
6. Attach one small pre-packaged granola container firmly on top of the lid using the tape.
7. Apply the product label to the lower half of the parfait container, ensuring it is clearly visible to customers.

## Jan. 7 2026 10-2/4 hours:

Continuing the guides, started out by confirming recipes on the ingredient recipe guides, organizing sections (cookies, adding scones, breads, glazes, frostings, syrups, garnishes & decorative elements, editing compotes and fillings, desert bases & foundations). May had me translate some recipes ingredients lists into full directions to follow using Chatgpt to write them out in a consistent manner. I took photos of the recipes and asked Chatgpt to translate. There are constant revisions of things to be added and I am trying to keep things simple by having the index in the front and writing things down in my book as they come. Trying to get the recipes one by one with other questions consistently along the way has made it clear that I need to just move one step at a time while always using my time wisely. Met the owner of The Old Post, his name is Michael.

## May's written recipes:

I've been using ChatGPT to translate May's recipes into consistent, easy-to-follow ingredient directions. It helps standardize wording, clarify steps, and remove ambiguity, ensuring measurements, sequencing, and terminology are clear. This creates reliable, repeatable recipes that staff can follow confidently and efficiently across menus, updates, and daily prep workflows with consistency.



## Ingredient Recipe Guide notes:

- Scones**
- Plain
  - Blueberry and Elderberry Scones
  - Cheese
  - Ham + Cheese
  - Herb Garlic
  - Pistachio
  - Red Velvet
  - Double Chocolate Chip
  - Chocolate Chip
  - Raspberry
  - Pumpkin Spice
- Kataifi Filling**
- Pineapple Slaw dressing
  - Coleslaw Dressing
- More Questions:**
- Do you want to add alcoholic drinks?

- Chicken**
- Select Only Breasts + Thighs
  - Garlic + Herb seasoning
  - Salt + Pepper
  - Oil
  - Mix together in bowl
  - 350° for 30-45 min
- Pineapple Slaw**
- Green cabbage
  - Carrots
  - Thinly sliced assorted peppers
  - Thinly sliced Pineapple
  - Add the Pineapple Slaw dressing
  - Mix together!
  - Add salt + pepper for taste
- Honey Dill Mayo**
- Garlic Mayo**
- Hummus**
- Caramelized Onions**
- Roasted Vegetables**
- Jerk Sauce**
- Sweet Tulle**
- In-house Bacon**
- Egg Salad**

## Ingredient Recipe Guide Canva Doc Progress:

### Recipe Guide for Cafe

#### Savoury Bases & Toppings:

- In-house Chicken**
- Prepare Chicken:** Select chicken breasts and thighs only. Trim as needed and place into a mixing bowl.
  - Season:** Add garlic herb seasoning to the chicken. Season with salt and pepper. (Exact seasoning amounts to be standardized.)
  - Add Oil:** Add oil to the bowl and toss until the chicken is evenly coated.
  - Bake:** Preheat the oven to 350°F (175°C). Transfer chicken to a baking tray and cook for 30-45 minutes, or until fully cooked and internal temperature is reached.
  - Finish & Hold:** Remove from oven and allow chicken to rest briefly before slicing or portioning for service.
- Pineapple Slaw**
- Prepare Vegetables:**
    - Thinly slice green cabbage and place into a large mixing bowl.
    - Shred carrots and add to the bowl.
    - Thinly slice assorted peppers and add to the mixture.
  - Prepare Pineapple:** Thinly slice pineapple and add to the bowl.
  - Add Dressing:** Add the pineapple slaw dressing to the mixture. (Exact dressing amount to be standardized.)
  - Mix:** Toss all ingredients together until evenly combined.
  - Season:** Season with salt and pepper, adjusting to taste.
  - Finish & Hold:** Cover and refrigerate until ready for service.
- Honey Dill Mayo**
- Mix until smooth and pourable. Adjust consistency if needed with small amounts of oil or powdered sugar.
  - Glaze Bread:** Once the apple fritter bread is cooled slightly, drizzle the glaze evenly over the top.
  - Set aside the glaze to set before slicing and serving.
- Garlic Mayo**
- Mix until smooth and pourable. Adjust consistency if needed with small amounts of oil or powdered sugar.
  - Glaze Bread:** Once the apple fritter bread is cooled slightly, drizzle the glaze evenly over the top.
  - Set aside the glaze to set before slicing and serving.
- Hummus**
- Combine chickpeas in a mixing bowl, with 1/2 cup water and 20 g salt until evenly combined.
  - Add sugar. Add 1/2 cup sugar to the chickpeas and mix until fully dissolved.
  - Drain the liquid. Drain the chickpeas and mix until fully dissolved.
  - Mix. Continue whisking until the batter is smooth, fluid, and lump free, similar to a thin pancake batter.
  - Mix. Continue whisking until the batter is smooth, fluid, and lump free, similar to a thin pancake batter.
  - Roll Batter:** Allow the batter to rest for 10-15 minutes to relax the gluten and ensure even cooking.
  - Prepare Baking Surface:** Line a baking tray with a silicone baking mat or parchment paper.
  - Spread Batter:** Spread the batter onto the tray, ensuring it is evenly spread.
  - Bake:** Bake at 170-180°C (340-350°F) until the tulle is set and lightly golden, approximately 6-8 minutes, depending on thickness.
  - Shape (Optional):** While still warm, shape the tulle into mounds or curves if desired.
- Caramelized Onions**
- Preheat oven to 350°F (175°C).
  - Heat oil in a large skillet over medium heat.
  - Add onions and cook for 15-20 minutes, stirring frequently.
  - Add sugar and salt. Cook for 10-15 minutes, stirring frequently.
  - Remove from heat and serve.
- Roasted Vegetables**
- Preheat oven to 400°F (200°C).
  - Heat oil in a large skillet over medium heat.
  - Add vegetables and cook for 15-20 minutes, stirring frequently.
  - Remove from heat and serve.
- Jerk Sauce**
- Combine ingredients in a mixing bowl, add 1/2 cup powdered sugar and 1/2 tsp salt.
- Sweet Tulle**
- Combine ingredients in a mixing bowl, add 1/2 cup powdered sugar and 1/2 tsp salt.
- In-house Bacon**
- Preheat oven to 350°F (175°C).
  - Heat oil in a large skillet over medium heat.
  - Add bacon and cook for 15-20 minutes, stirring frequently.
  - Remove from heat and serve.
- Egg Salad**
- Preheat oven to 350°F (175°C).
  - Heat oil in a large skillet over medium heat.
  - Add eggs and cook for 15-20 minutes, stirring frequently.
  - Remove from heat and serve.

- Tuna Salad**
- Combine tuna and oil in a mixing bowl, add 200 g water and 100 g salt until evenly combined.
  - Add flour gradually and stir until thickening consistency until smooth.
  - Season. Add salt to taste and mix to incorporate evenly.
  - Add Color (Optional): Add a food coloring, using sparingly until the color is uniform.
  - Mix. Ensure the batter is smooth, fluid, and lump free.
  - Roll Batter:** Allow the batter to rest for 10-15 minutes to relax the gluten and ensure even cooking.
  - Prepare Baking Surface:** Line a baking tray with a silicone baking mat or parchment paper.
  - Spread Batter:** Spread the batter onto the tray, ensuring it is evenly spread.
  - Bake:** Bake at 170-180°C (340-350°F) until the tulle is set and lightly golden, approximately 6-8 minutes, depending on thickness.
  - Shape (Optional):** While still warm, shape the tulle into mounds or curves if desired.
- Pineapple Slaw Dressing**
- Preheat oven to 350°F (175°C).
  - Heat oil in a large skillet over medium heat.
  - Add onions and cook for 15-20 minutes, stirring frequently.
  - Remove from heat and serve.
- Coleslaw Dressing**
- Preheat oven to 350°F (175°C).
  - Heat oil in a large skillet over medium heat.
  - Add onions and cook for 15-20 minutes, stirring frequently.
  - Remove from heat and serve.
- Syrups, Glazes and Frostings Recipes:**
- Cardamom Syrup**
- Preheat oven to 350°F (175°C).
  - Heat oil in a large skillet over medium heat.
  - Add onions and cook for 15-20 minutes, stirring frequently.
  - Remove from heat and serve.
- Chai Syrup**
- Preheat oven to 350°F (175°C).
  - Heat oil in a large skillet over medium heat.
  - Add onions and cook for 15-20 minutes, stirring frequently.
  - Remove from heat and serve.
- Vanilla Syrup**
- Preheat oven to 350°F (175°C).
  - Heat oil in a large skillet over medium heat.
  - Add onions and cook for 15-20 minutes, stirring frequently.
  - Remove from heat and serve.
- White Chocolate Mirror Glaze**
- Combine ingredients in a mixing bowl, add 1/2 cup powdered sugar and 1/2 tsp salt.
- Red Velvet Cookie**
- Preheat oven to 350°F (175°C).
  - Heat oil in a large skillet over medium heat.
  - Add onions and cook for 15-20 minutes, stirring frequently.
  - Remove from heat and serve.
- Caramel Chocolate Chip Cookie**
- Preheat oven to 350°F (175°C).
  - Heat oil in a large skillet over medium heat.
  - Add onions and cook for 15-20 minutes, stirring frequently.
  - Remove from heat and serve.
- Peanut Butter Cookie**
- Preheat oven to 350°F (175°C).
  - Heat oil in a large skillet over medium heat.
  - Add onions and cook for 15-20 minutes, stirring frequently.
  - Remove from heat and serve.
- Oreo Cookies and Cream Cookie**
- Preheat oven to 350°F (175°C).
  - Heat oil in a large skillet over medium heat.
  - Add onions and cook for 15-20 minutes, stirring frequently.
  - Remove from heat and serve.
- Plain Scone**
- Preheat oven to 350°F (175°C).
  - Heat oil in a large skillet over medium heat.
  - Add onions and cook for 15-20 minutes, stirring frequently.
  - Remove from heat and serve.

\*\*Notice how there are lot's to be filled out that I am looking to May to tell me by word, some by recipes out of her book.

**Jan. 12 2026 10-2/4 hours:**

Today I followed up with May to request the remaining recipes needed to continue developing the employee guides, and then shifted focus to completing a Weekly Specials carousel for May's Café within a tight timeframe. May asked that the carousel be designed, edited, and posted the same day, so I quickly reviewed her previous posts to understand her preferences and selected a template she seemed to respond well to as design inspiration. She wanted bold colour and strong visual impact, so I built a flexible system using a dark textured background with bright, brand-aligned accent colours that allow the food and key text to stand out while remaining consistent and easy to reuse for future weekly specials. Due to limited time, I rapidly organized the carousel into four clear posts, generated high-quality food imagery based on finalized descriptions, refined copy and CTAs, and used ChatGPT to support caption writing for Facebook and Instagram. Although the initial task was planned for four hours, I stayed longer to incorporate feedback, gain access to the May's Café Meta account, and ensure the final content was polished and successfully posted despite the challenge of limited planning time and evolving information.

**Organizing:**

Handwritten notes detailing the organization process, including a list of menu items and a numbered list of tasks to be completed for the post.

1. Create a post after we starting our dinner series chefs creation
2. Special for this week beef chimichurri sandwich on sourdough
3. Soup of the day coconut curry and hearty chicken vegetable
4. Salad of the day couscous salad.
- Dinner for the month of February 14, 21 and 28

Text from May

**Template Inspiration:**



**Thumbs and Notes:**

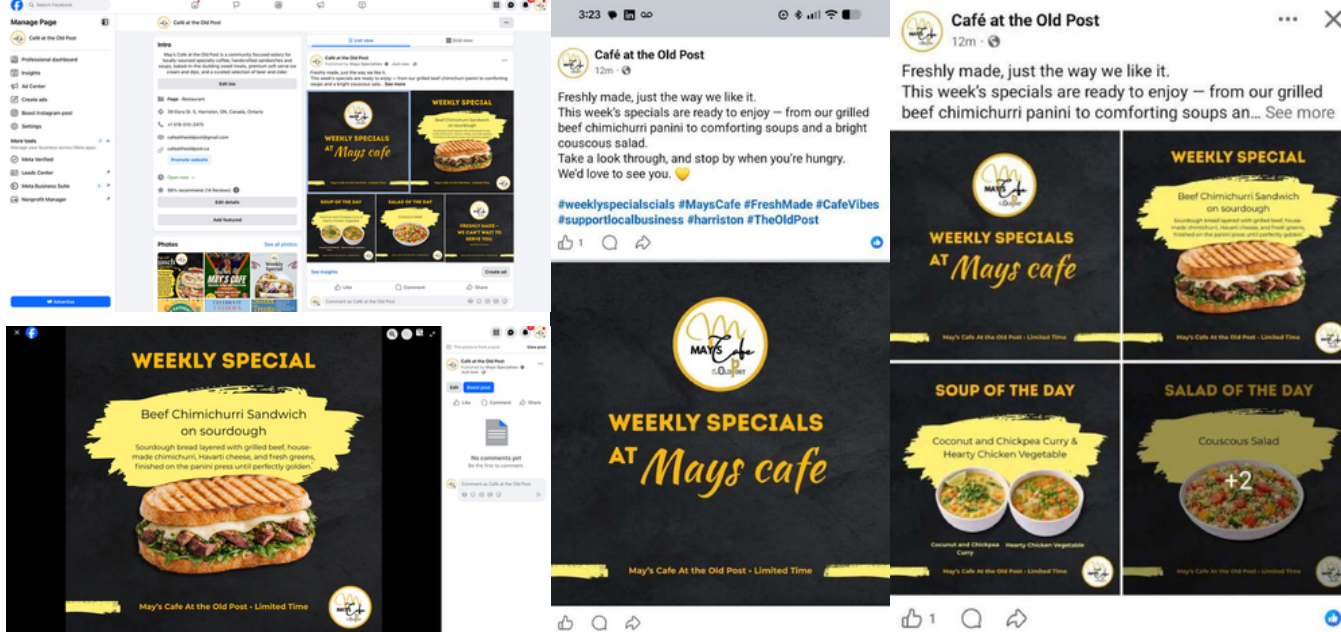
Hand-drawn sketches of the carousel layout with annotations. Notes include: 'Mid Colour: #069428', 'Dark Grey: #4C6080', 'May Cafe At the Old Post', and 'May loved pictures of food so I decided it would be worth it to make it centerpiece... All the photos are same and connect them together. Try to connect the branding logo and templates May liked to come up with this one.'

**Final Deliverables:**



**The why behind my work:**

- Designed and completed a Weekly Specials carousel post for May's Cafe within a limited time window
- Chose a carousel format to clearly separate and highlight each menu item
- Made the food imagery the main focus, based on May's preference for strong visuals
- Took design inspiration from a previous template May liked to align with her expectations
- Used a dark background with bold pops of brand colour to create contrast and visual impact
- Ensured the layout was clean, aligned, and easy to replicate for future weekly specials
- Prioritized clarity, consistency, and brand recognition across all slides



## Jan. 13 2026 10-2/4 hours:

Today was a focused design day centered on refining both the Dinner Series announcement and the Valentine's Day post for May's. I began with the announcement, prioritizing clarity and hierarchy while ensuring it felt warm and true to the café's brand. I explored more dynamic design options, then intentionally edited back to let the message breathe. For the Valentine's post, I shifted toward mood and emotion, refining the palette, layout, and copy to feel intimate without being cliché. I paid close attention to language, avoiding assumptions and focusing on the experience of slowing down and sharing a meal. By the end of the day, the work felt thoughtful, intentional, and confidently aligned with May's.

## Design Rationale- Announcement Post 1:

- Designed to feel familiar and welcoming, inspired by the chalkboards at May's
- Uses brand colours to maintain recognition and consistency
- Black background with chalk texture keeps the post warm and approachable
- Yellow accents add contrast and help key information stand out
- Border acts as a visual buffer, making the layout feel lighter and more balanced
- Clear hierarchy ensures the announcement is easy to read at a glance
- Overall layout is engaging while remaining cozy and community-focused

## Design Rationale- Valentines Day Post 2:

- Adapted the Dinner Series design to reflect the softer, more intimate tone of Valentine's Day
- Introduced a subtle heart shape to create emotional focus without relying on clichés
- Shifted the colour palette to pinks while maintaining consistency with May's branding
- Used texture and opacity to keep the design warm and understated
- Wrote copy that emphasizes connection, comfort, and shared moments rather than promotion
- Designed the layout to feel calm, inviting, and reflective of May's cozy atmosphere

## Post 1 Progress:



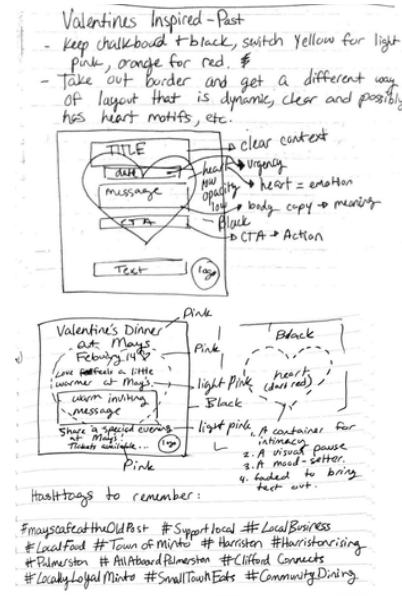
## Post 2 Progress:



## Post 1:



## Post 2:



## Post 1 Final:



## Post 2 Final:



## ChatGPT render:



## Inspiration Post 1:



## Inspiration Post 2:



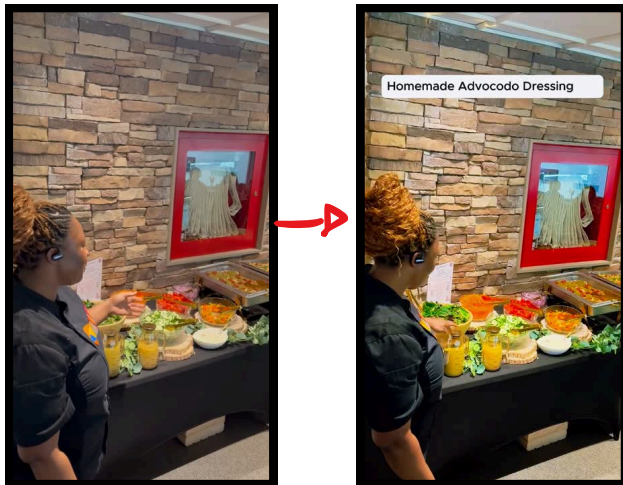
Jan. 20 2026 10-2/4 hours:

Today focused on reassessing styles after May shared that she wasn't happy with the "plainness" of the announcement and Valentine's posts. I appreciated her feedback, especially learning that a black background didn't align with her Valentine's vision. There was some miscommunication around my role, as I was building brand templates based on the only example she had shown me while working with limited direction. She compared my pace to a previous Canva-based approach, but my intention was long-term brand building. We ended on a positive note, though I still lacked visual clarity. I then pivoted to learning CapCut to create a thank-you catering video for the Curling Club, which I completed first try despite frustration.

**Limited Information Given:**

Jan. 20 2026  
 Thankyou post for curling club  
 Bonspiel Tournament  
 tag @ curlingclub / either palmerston/Horowhenua  
 Amy Heimiller  
 Thank for: Allowing Mays Cafe to cater for them.  
 1080 x 1920

**Original Video Given: Progress so far:**



**Front Cover + Message to Club Thumbnail**

Front Video Cover + message:  
 - Note that says "Thank you to the Curling Club!"  
 - Ribbon that says "At the Bonspiel Tournament"  
 - ChatGPT reader character and background separate that nods to the Curling Club  
 - Another Note that says "We appreciate you having Mays Cafe cater your event! With love, Mays Cafe" - Logo

**Back Cover + Message to Club Thumbnail**

Back of Video Goodbye.  
 Thanks for ~~the~~ a great bonspiel!  
 - title message that says "Thanks for a great bonspiel!"  
 - ChatGPT rendered character and background, the cartoon curling puck is eating penne pasta which is one of the foods featured in the catering event.  
 - Note: "See you next time!" - Logo

**Add to the Video:**

Add to the video:  
 - Captions that highlight the foods served and important information  
 - Music that's happy and grows in volume when moments are quieter but quiets more when Mays voice should come through.  
 - Add filter to brighten video footage  
 - Add emojis and graphics to make it better.  
 avocado dressing @ Avacodo  
 title black white  
 Not Allergic we'll make sure you know yellow  
 black text caution  
 white text  
 We loved making this event for you purple exciting different than captions of food.

**Progress Digitally:**



**Not Finished but Process Linears:**



**Notes to fix:**

- Change the Red ribbon to make text more readable.
- break text message apart from background to stand out
- take out those sparkles and add sticker sparkles from CapCut instead to add motion to it.
- Double Check the captions are right.
- Extend the video part of the front cover of video.

**ChatGPT Rendering: Puck Character and Background**



## Jan. 21 2026 10-2/4 hours:

Today focused on editing and better understanding the visual style May wants, while trying to bridge the gap between her expectations and what I need to design effectively. A key challenge was ongoing disorganization and miscommunication, as tasks were assigned without clear direction while she was often busy. I worked through this by asking questions when possible and iterating so she could respond to the work itself. I continued refining the Valentine's Day post and asked May to show me which Canva templates she liked and why. I also received helpful input from Raisa, who emphasized the value of real photos and prioritizing video content over static posts. I completed the Valentine's progress but couldn't reach May for confirmation, so I planned to continue refining other posts before our Monday meeting.

## Canva template May liked:



May indicated that she did not want black used, and Raisa noted that Valentine's Day is typically associated with red, pink, and white. May selected a stock-photo-based template, expressed a preference for an "elegant" look, and requested a swish line to visually tie the image and information together. After meeting with May and Raisa, I also learned that wine and champagne are served, and May clarified that she associates elegance with wine and champagne imagery commonly seen in stock photography.

## Tik tok inspiration links email to May:

[https://www.tiktok.com/@kitfalco/video/7467772593618160904?](https://www.tiktok.com/@kitfalco/video/7467772593618160904?is_from_webapp=1&sender_device=pc&web_id=7597863494763070993)

[is\\_from\\_webapp=1&sender\\_device=pc&web\\_id=7597863494763070993](https://www.tiktok.com/@goodhaus.bkk/video/7470350900461096210?is_from_webapp=1&sender_device=pc&web_id=7597863494763070993)

[https://www.tiktok.com/@polyuchka/video/7470923623004441878?](https://www.tiktok.com/@polyuchka/video/7470923623004441878?is_from_webapp=1&sender_device=pc&web_id=7597863494763070993)

[is\\_from\\_webapp=1&sender\\_device=pc&web\\_id=7597863494763070993](https://www.tiktok.com/@polyuchka/video/7470923623004441878?is_from_webapp=1&sender_device=pc&web_id=7597863494763070993)

[https://www.tiktok.com/@polyuchka/video/7470923623004441878?](https://www.tiktok.com/@polyuchka/video/7470923623004441878?is_from_webapp=1&sender_device=pc&web_id=7597863494763070993)

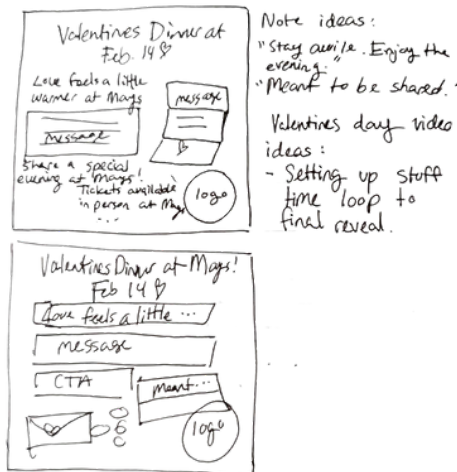
[is\\_from\\_webapp=1&sender\\_device=pc&web\\_id=7597863494763070993](https://www.tiktok.com/@polyuchka/video/7470923623004441878?is_from_webapp=1&sender_device=pc&web_id=7597863494763070993)

## Tik Tok Video and Instagram cover post:

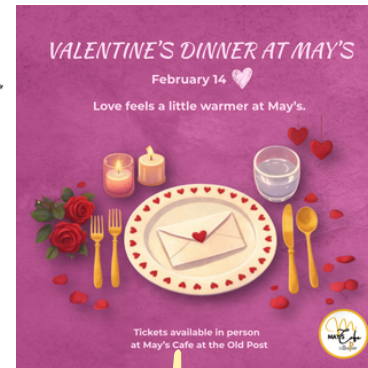
## Previous Valentines Day Post:



## Process work after my Jan 20<sup>th</sup> shift.



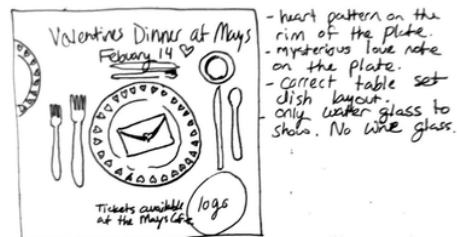
## Post after talk from Jan.20th after shift:



The concept was intended as a Valentine's-style note inviting customers to May's Café, but it was interpreted literally rather than as an invitation. I understood and accepted their perspective.

## Rationale from Jan 13:

Adapted the Dinner Series design with softer Valentine's tones, subtle heart elements, a pink palette, and warm textures to create a calm, intimate, and inviting feel aligned with May's brand.



## Jan. 27 2026 10-2/4 hours:

After working after hours, I redesigned the Dinner Series posts (February 14, 21, and 28) to align with the updated Valentine's Day style that May approved. I focused on champagne-inspired elegance, consistent swish line dividers, and subtle colour symbolism, including highlighting the February Finale Dinner. I sourced stock photography through Canva, updated the Weekly Specials post, and created additional consistent posters. During my shift, I confirmed post approvals, published the Valentine's Day static posts and reel, organized ready-to-paste copy for all Dinner Series content, and informed May that edits to the Bonspiel Tournament video would be completed the following day.

## Evolution:



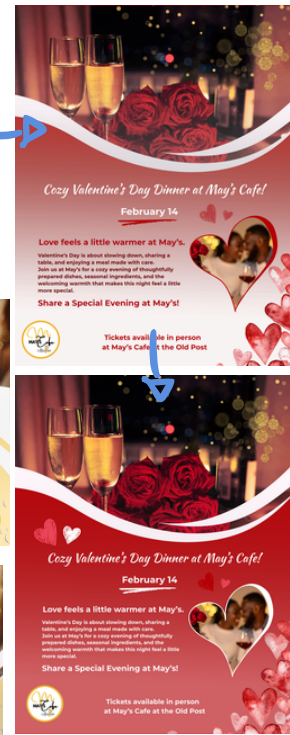
## Feb. 14 Post Evolution:



## Feb. 14 posts edited today:



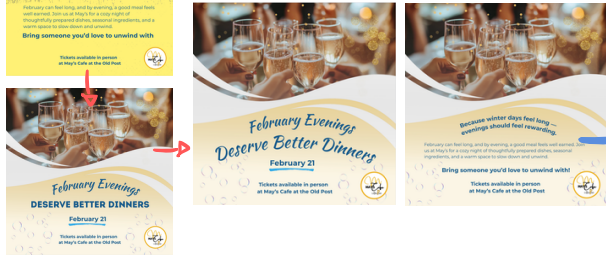
## Posters:



## Changes today:

May requested higher colour contrast, so I adjusted the palette for better accessibility and brand alignment, adding small graphic variations such as hearts, stars, and repositioned bubbles.

## Feb. 21 Post Evolution:



## Feb. 21 posts edited today:



## Canva Graphics for Weekly Specials:



## Ghana Flag, where May came from:



Drawing from May's Ghanaian background, I incorporated Ghana-inspired colours and subtle star elements into the finale post.

## Feb. 28 Post Made On-spot:



## Conclusion:

After meeting short deadlines and making the changes, I was pleased with the outcome, though time limited deeper sketching. I relied on informed gut decisions and documented my reasoning.

## From Jan 12:



## Re-edited Jan 25-27:



The Weekly Specials template was re-edited with brighter colours, clear dividers, and accessible text, bringing the issue of AI-generated food imagery to the forefront and refocusing on real, in-house food that supports a small local business. Candid photography was emphasized as the preferred approach, with future plans to suggest simple customer-driven ways, such as disposable cameras, to capture authentic experiences.

Instax for business: <https://instax.com/business>  
UGC & consent basics: <https://later.com/blog/user-generated-content-rights/>  
Photo wall inspo: <https://www.pinterest.ca/search/pins/?q=cafe%20photo%20wall%20polaroid>



**Social Media Weekly Schedule:**

<p><b>Monday</b> 10:00 am</p>	<p><b>Tuesday</b> by 12:00</p>	<p><b>Wednesday</b> by 12:00</p>	<p><b>Thursday</b> by 12:00</p>	<p><b>Friday</b> by 10:00 am</p>	<p><b>Saturday</b> Busy</p>	<p><b>Sunday</b> Busy</p>
<p><b>Post: Weekly Specials (Static)</b> Optional add-on:</p> <ul style="list-style-type: none"> <li>• <b>Reel:</b> slow pan of specials or kitchen prep with text overlay</li> </ul>	<p><b>Post:</b> Reel focused on <b>community &amp; atmosphere</b> Examples:</p> <ul style="list-style-type: none"> <li>• People coming and going (no faces required)</li> <li>• Coffee being made, food passing hands</li> <li>• Tables filling up, doors opening</li> </ul> <p><b>Goal:</b> Encourage comments, shares, saves</p>	<p><b>Post:</b> 1 Static + 1 Reel <b>Static ideas:</b></p> <ul style="list-style-type: none"> <li>• Menu highlight</li> <li>• Café reminder (“Midweek pick-me-up”)</li> </ul> <p><b>Reel ideas:</b></p> <ul style="list-style-type: none"> <li>• Behind-the-scenes prep</li> <li>• Quiet moments in the café</li> </ul>	<p><b>Post:</b> Reel showing May or staff working <b>Low-pressure options:</b></p> <ul style="list-style-type: none"> <li>• Hands working, walking through space</li> <li>• May doing tasks without speaking</li> <li>• Text overlay instead of audio</li> </ul> <p><b>Purpose:</b> People get to know the café through the people → builds comfort + trust</p>	<p><b>Post:</b> Static reminder <b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Upcoming event / dinner</li> <li>• Weekend hours</li> <li>• “If you’re thinking about dinner...”</li> </ul>	<p><b>Post: Optional</b> Options:</p> <ul style="list-style-type: none"> <li>• Story: quick clip or photo</li> <li>• Reel: 3–5 unedited clips</li> <li>• Static: “Busy &amp; grateful today”</li> </ul>	<p><b>Post: Optional</b> Options:</p> <ul style="list-style-type: none"> <li>• Story: thank-you message</li> <li>• Static: quiet café photo</li> <li>• Reel: end-of-week calm shot</li> <li>• Weekly Specials post if preferred to post Sunday</li> <li>• Testimonial Post</li> </ul>

**Jan. 29 2026 10-2/4 hours:**

Today, I re-edited the announcement post to align with the updated branding and reposted it on Facebook using a revised but consistent layout, which May approved. I then worked on creating a structured social media schedule and discussed with May potential ways to problem-solve video content for the café. While not being on-site daily presents challenges, my focus is on maintaining consistency as best as possible. After finalizing the schedule, I adapted the Bonspiel Tournament content into two static posts, designing them to fit both Instagram and Facebook templates. I also prioritized supporting content by posting related reels and stories, including sharing the Bonspiel Tournament reel and announcement as stories.

**Re-do Announcement Post:**

**Announcement Post Conclusion:**

I'm really happy with the quick redesign of the announcement post, as it maintains consistent branding through colour, fonts, photography, and subtle graphic details. I especially enjoy exploring a new layout that feels distinct from the previous posts and allows the colour to stand out.

**Social Media**

**Weekly Schedule Notes:**

**Social Media Weekly Schedule:**

Monday 10:00 am	Tuesday by 12:00	Wednesday by 12:00	Thursday by 12:00	Friday by 10:00 am	Saturday Busy	Sunday Busy
Post: Weekly Specials (Static) Optional add-on: <ul style="list-style-type: none"> <li>Reel: slow pan of specials or kitchen prep with text overlay</li> </ul>	Post: Reel focused on community & atmosphere <ul style="list-style-type: none"> <li>People coming and going (no faces required)</li> <li>Coffee being made, food passing hands</li> <li>Tables filling up, doors opening</li> </ul> Goal: Encourage comments, shares, saves	Post: 1 Static + 1 Reel <ul style="list-style-type: none"> <li>Static ideas:                             <ul style="list-style-type: none"> <li>Menu highlight</li> <li>Cafe reminder ("Midweek pick-me-up")</li> </ul> </li> <li>Reel ideas:                             <ul style="list-style-type: none"> <li>Behind-the-scenes prep</li> <li>Quiet moments in the café</li> </ul> </li> </ul>	Post: Reel showing May or staff working <ul style="list-style-type: none"> <li>Low-pressure options:                             <ul style="list-style-type: none"> <li>Hands working, making through space</li> <li>May doing tasks without speaking</li> </ul> </li> <li>Text overlay instead of audio</li> </ul> Purpose: People get to know the café through the people - builds comfort + trust	Post: Static reminder <ul style="list-style-type: none"> <li>Examples:                             <ul style="list-style-type: none"> <li>Upcoming event / dinner</li> <li>Weekend hours</li> <li>"If you're thinking about dinner..."</li> </ul> </li> </ul>	Post: Optional Options: <ul style="list-style-type: none"> <li>Story: thank-you message</li> <li>Static: quick clip or photo</li> <li>Reel: 3-5 unedited clips</li> <li>Text: end-of-week calm shot</li> <li>Weekly Specials post if preferred to post Sunday</li> </ul>	

**Email to May:**

**Final Announcement Post:**

**Final Bonspiel Tournament Post for Instagram + Facebook:**

**Bonspiel Tournament Conclusion:**

Overall, I'm happy with the posts. While themed for the Bonspiel Tournament and curling audience, they remain on brand through consistent typography (Kaufmann Script and Montserrat), the established footer layout, and core colours like golden yellow, white, and red, with added blue to reflect curling tones and an ice-like feel.

**Bonspiel Video Post:**

**Captions:**

**Bonspiel Tournament Captions:**

Events like this are why we love what we do. Thank you to the Curling Club for having May's Café cater the Bonspiel Tournament. Community support means everything. We appreciate the support, @Amy Heinmiller. If you're hosting an event and need catering, May's Café would love to help.

#BonspielTournament #CurlingClub #CommunityEvent #LocalCatering #mayscafeattheoldpost #supportlocal #localbusiness #localfood #townofminto #harrison #harristonisling #palmerston #allaboutpalmerston #cliffordconnects #LocallyLoyalMinto #smalltowneats #OntarioEats #mintochamberofcommerce #iaunchit

① Footer: "Catering available through May's Café." Message on tag: "We appreciate you having May's Café cater your event. With love, May's Café." Background Blue with curling background (see rink's faded opacity). Thankyou header: "Thankyou to the Curling Club" Ribbon Message: "At the Bonspiel Tournament" Add sparkles on.

② Ribbon Header: "Thanks for a great Bonspiel" Message: "See you next time!" Add sparkles

**Feb. 2 2026 10-2/4 hours:**

Today, I posted the Weekly Specials according to the schedule created last shift. I re-edited the Valentine's Day dinner reel to feel like a fresh post that encourages urgency around purchasing tickets for the February 14 dinner, as May requested. I then began redesigning the Facebook header to better align with the brand, focusing on warmth, community, and showcasing May's strongest photos, along with a clear tagline. After preparing concepts to re-view with May at a later time, I reviewed several Google reviews to begin developing testimonial posts. I built a consistent structure using Pinterest for inspiration and existing brand elements, including colours, graphics, and photo overlays, and prepared the posts for May's approval later this week.

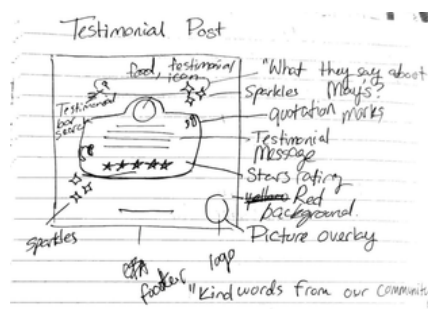
**Facebook Cover Notes:**

Mon Feb 2 2026  
 - Upload Weekly Specials Post  
 - Push forward the Valentines Day Dinner  
 - Weekly Specials are:  
 1. Teriyaki Chicken Wrap; Sauteed peppers, onion, carrots, cheese, teriyaki sauce, cabbage - grilled.  
 2. Chickpea salad  
 3. Cream of mushroom  
 4. Tex-mex cauliflower chicken soup  
 5. Facebook Banner

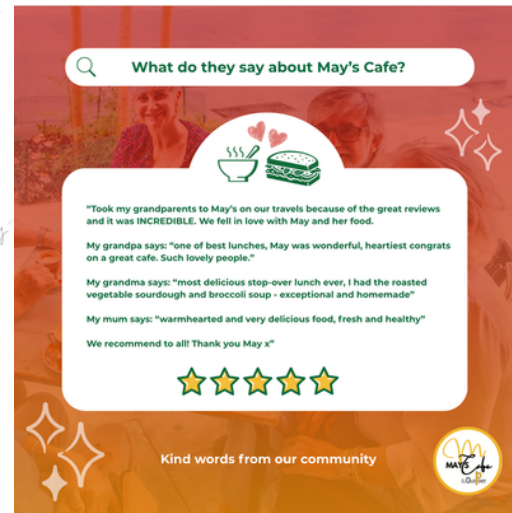
Picture  
 Goal: Make Mays front Facebook page feel warm, bonded, community-driven.  
 Picture of May talking to customers  
 CTA, tagline.  
 Office - Food - Community  
 May introducing the cafe outside, personality comes through

- I may add the logo if it doesn't compete with the profile picture, as repeating it could feel unnecessary. I like the swirl and the selected photos, which create a welcoming, open-door feel on the Facebook page.

**Testimonial Post Notes: Final Testimonial Post:**



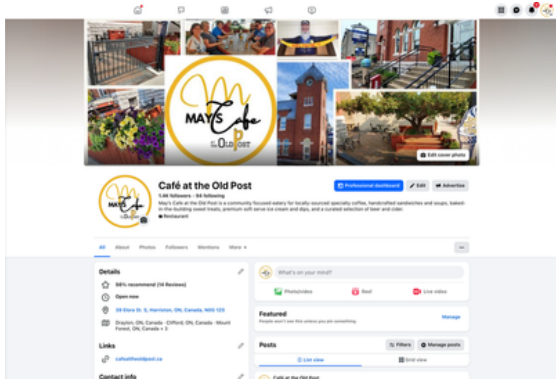
I added yellow stars behind the green star outlines to not compete with the green text.



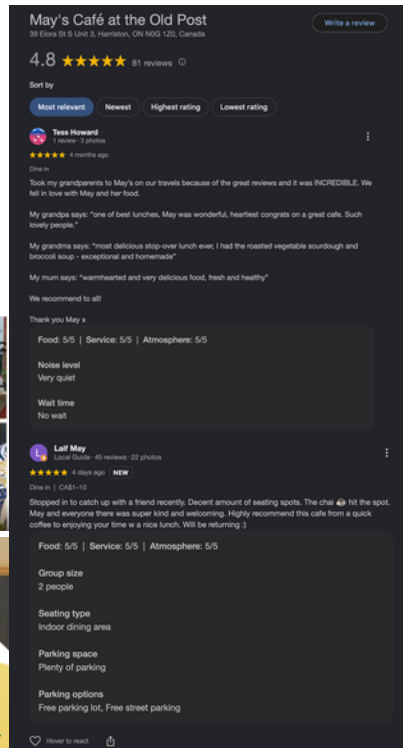
**Testimonial Post Conclusion:**

Overall, I think the testimonial post is successful in its pre-approval stage, as it uses the brand colours effectively to ensure clarity and emphasis. The post highlights real, community-driven reviews that reflect the business's values and help attract new customers. I may add more yellow behind the star elements to help them stand out without competing with the green text and graphics. The post also effectively communicates food items for customers to try during their next visit to May's Café.

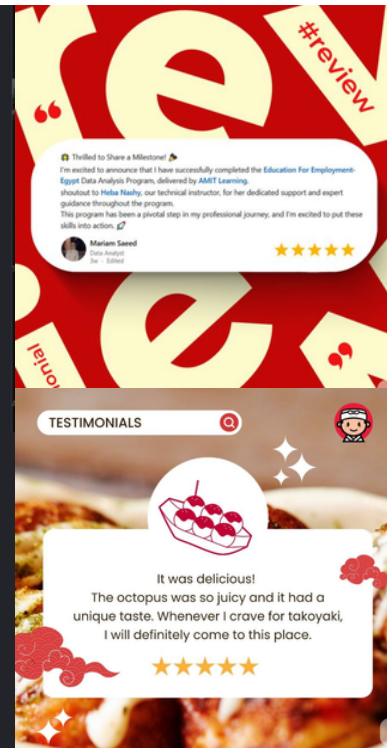
**Facebook Cover Before:**



**Testimonial:**



**Inspiration:**



**What I liked and applied to the final design:**

- I liked how the backgrounds are branded backgrounds and the testimonial takes the focus.  
 - I liked the search bar as a title.  
 - I knew I could use the sparkle graphic from canva to go on this and used the food graphics to highlight what the customers loved.

**Feb. 3 2026 10-2/4 hours:**

Today, I captured light video footage in the café for future social media use and reviewed the testimonial post with May, which she approved. I then created a “We Are Open” post announcing the updated hours (8:00 a.m. to 5:00 p.m.), reworking the announcement into a simple, warm, and branded design that felt more appropriate than generic templates. At May’s request, I published and scheduled the post to run daily using Meta Business Suite, which allows for more efficient content planning moving forward. After posting, I re-edited and updated the Facebook banner based on previous discussions with May. I also separated the employee guide into individual downloadable documents and began developing a thank-you post recognizing the Town of Minto and customers for supporting May’s Café in receiving the award.

**Daily list:**

- Feb 3 2026
- 1- Upload Mays Photos to Canva
  - 2- Make we are open post and add to scheduled post every day.
  - 3- Create Thankyou post for award
  - 4- Change Mays Facebook banner.
  - 5- Separate menu guide file
  6. Schedule Testimonial Post for ~~Monday~~ Sunday
- I Post ~~Post~~ Static  
We are open 8-5! Mon-Saturday
- I Thankyou Post to Town of Minto + Customer for reg.  
2026 Customer Service Excellence Award us!  
Jag Minto Chamber  
launch it  
Minto Business

**Re-edit Facebook Banner Cover:**



Facebook Banner edit:  
- wants brighter yellow  
- May prefers to put her photo in except for the background.  
- Add logo above the caption, centered  
- Circle photo center around the where in horizon, quick towards and show background image as May communicating with community.  
- Some swirl divider.

The banner was updated with brighter yellow, a cleaner layout, and a centered logo. May’s photo was removed in favor of community-focused imagery, with circular frames and a subtle swirl to create a warm, welcoming feel.

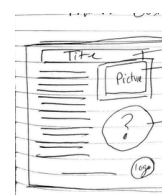
**Before:**



**After:**

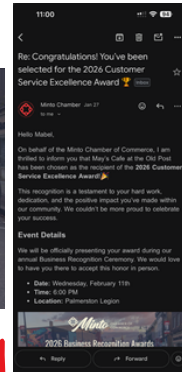


**Thank You Post Process:**

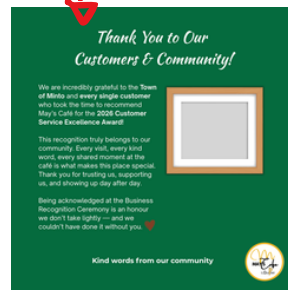
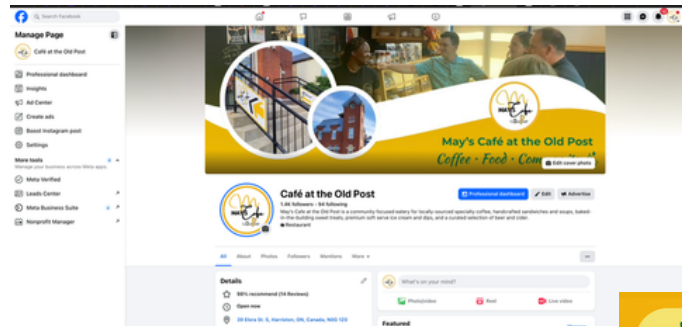


Thankyou to our Customers & Community! Picture of the Award Presented to Mays  
Not sure what to add here that will fit. Maybe something warm and adds depth.

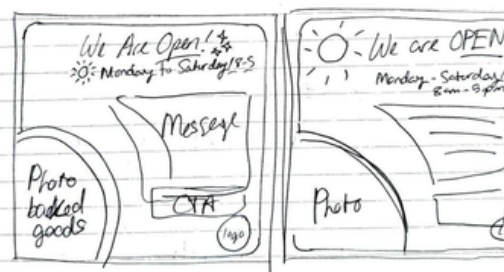
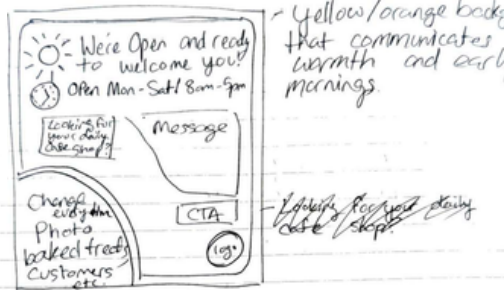
**May’s Award:**



**Real Example of Facebook Banner:**



**We Are Open Post Progress:**



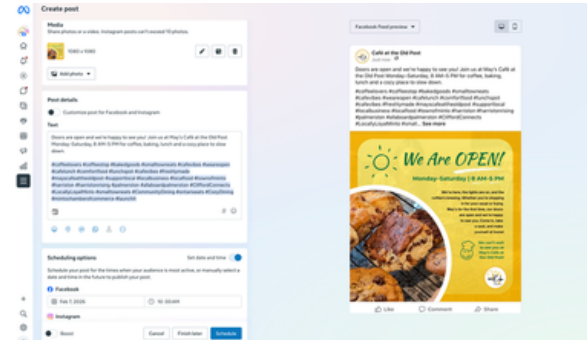
**Why:**

The “We Are Open” post was visually inspired by the previous Announcement Post, as it already supported the goal of a bright, engaging statement-style design. I redesigned it to better fit the updated content and incorporated a real photo of the pastries fresh that morning.

**Inspiration to Final Design:**



**Meta Business Suite Scheduling:**



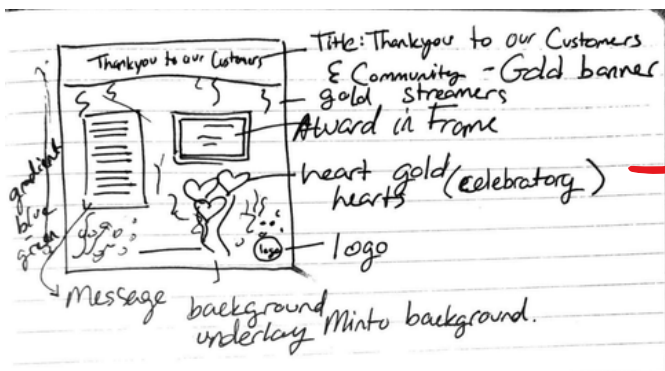
**Feb. 5 2026 10-2/4 hours:**

Today, I began by ensuring the thank-you post was scheduled and published at 12:00 p.m. I then spoke with May, who asked me to print the Dinner Series posters for local distribution and create an additional poster featuring all dinner dates for display in Palmerston. I was able to print a limited quantity due to printer constraints. May also requested that I redesign the menus and repost them to social media as pinned content. I reviewed her original designs to identify elements to remove or update and revised them to align with the new brand direction. I retained the fabric detail from the original menu, as it holds personal and cultural significance for May, but reduced its opacity and introduced an orange background for balance. The main challenge was organizing the layout while keeping each page visually distinct. Overall, I'm happy with the celebratory thank-you post (completed partly after hours), the Dinner Series posters, and the progress made on the menu redesign.

**Daily list:**

- Feb 5 2026
- Put up Thankyou post, scheduled for 12:00pm
  - Print off Dinner Series posters and put up in town.
  - Make Poster combining all dates, inspired by first dinner series post

**Thank you post further design:**



**Dinner Series Poster Inspiration:**

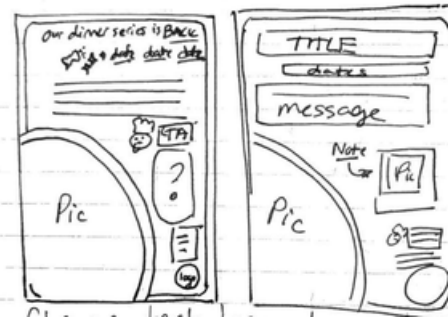


**Note:**

May requested a quick Dinner Series poster listing all February dates for display in Palmerston. With limited time, I reused and adapted an existing Canva template, updating it to match the new brand and refining the layout. Working under tight timelines is part of supporting a small business, and I focused on delivering an effective solution efficiently.



**Poster thumbnail:**



**Final Poster design:**

**Conclusion Poster Design:**

I am happy with the result when having so little time, but I like how consistent post is with the original social media post. The colours are bright but I always think design is about iteration and continues to grow when time grows.

**Menu Redesign Process:**

- Change text typography and colours to go
- Edit Menu and Post it.
- Pineapple Turmeric description needs to be changed.
- Logos are unnecessarily large for the page, keep logo in the footer consistently.
- Keep the background white for accessibility reasons put photos into frames.
- keep the fabric background because it references May's Culture, colour is nice, but lower the opacity.

**Previous Menu Design:**



May's Fabric from Ghana, must be personal.

**My process for today:**



**Note**

**Menu:**

-Experiment with background colour that is brighter and powerful, red.  
-move footer text to centre.

**Thank you Post final design:**





**Feb. 10 2026 10-2/4 hours:**

Today, I finalized and posted the February 21 Dinner Series reel using the previously designed poster, incorporating clear text, champagne-inspired winter tones, and an engagement CTA. I used pre-planned captions and tags, then continued refining the café menu designs. Based on May's feedback, I increased contrast by darkening the text, adjusting title fonts, and reducing opacity on background elements for readability. I also added the coffee menu and created flexible menu templates for future use. We discussed future reels focused on health benefits of house-made items, and after my shift, I captured sample footage for a ginger-focused reel concept.

**Standard Menu Redesign final (before approval):**



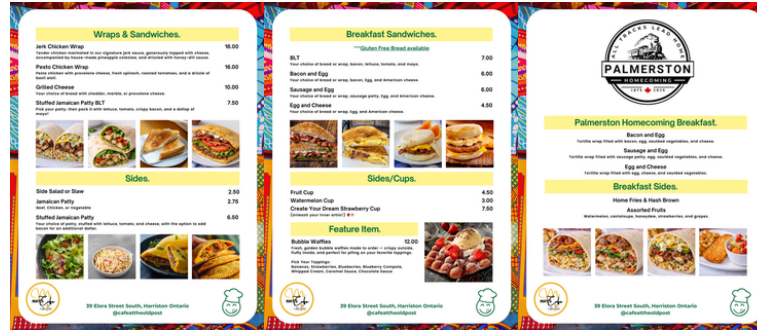
**Notes:**

Menu Redesign  
 - Turn up fabric trim image to 75%  
 - Turn all Menu text (important forefront info to black text only)  
 - Turn yellow title blocks to 80% opacity  
 - Change title text to Open Sauce bold to make sure everything is accessible but clearly designed  
 - Add Coffee Menu in:  
 - Add short descriptions  
 - Add tea section clarity  
 - Add Caffeine-free indicators where helpful  
 - Use Chat GPT for spelling and corrections  
 - Separate document for review and final edit.

**Feb 9+10 February 21 Dinner Reel:**



**Extra Menu Redesign final (before approval):**



**May's Feedback:**

For the menu redesign, May requested higher contrast and improved legibility. In response, I darkened the body text, adjusted the title font and weight, reduced background opacity, and reorganized sections for clearer hierarchy. I also integrated the coffee menu and developed adaptable menu templates to support future events and updates, ensuring the final designs felt confident, accessible, and easy to navigate.

**Daily List:**

Feb 10 2026  
 - Put Feb 21 reel out for view  
 - Look at doing ingredient health benefits when drinking/eating foods by May's Cafe (ginger, hibiscus, etc.) Turn into Weekly reels.  
 - Look into changing/tweaking up google page. (take out misleading pictures)  
 - Finish Menu.

**Health Benefits Reel Notes:**

Health Benefit Reel  
 This weeks Health Benefit Reel  
 Reel Idea 1: Why We Love Ginger  
 Hook: "Why ginger shows up in so many of our drinks"  
 Clips to film: 1. Ginger being grated/juiced/poured  
 2. Close up of Wellness Shots

Text/NO bullets:  
 • Settles upset stomachs  
 • Can help with nausea  
 • Supports circulation  
 • Pairs well with citrus+honey  
 Clip ideas:  
 • Lemon + ginger combo  
 • Honey drizzel  
 • Stirring shots  
 CTA:  
 "Ask us which ginger drink is right for you!"

**Engagement Poll Notes:**

Poll question along with Feb 21 reel post:  
 Prompt: Coming to dinner on Feb 21?  
 Option 1: Absolutely! (👍) (plate emoji)  
 Option 2: Thinking about it (🤔) (thinking emoji)

Voice over/Text points:  
 - Helps with digestion  
 - Can reduce inflammation  
 - Supports immune health  
 - Naturally warming (great year-round, not just winter).  
 CTA: Try it in a juice, shot, or tea next time you're in "  
 Idea 2: "Drinks with Ginger at May's"  
 Hook: "If you love ginger, these are for you"  
 Quick cuts with text overlays:  
 • Spiced Tumeric Shot  
 • Ginger Apple Shot  
 • Pineapple Ginger Juice  
 • Hibiscus Ginger Drink  
 • Spiced Ginger Drink  
 Overlay text:  
 "Refreshing • warming • feel-good"  
 CTA: "Which one would you try first?"  
 Idea 3: Ginger = Not just spicy.  
 Hook: "Ginger isn't just spicy - here's why you drink it"

Caption for post:  
 "Ginger has been used for centuries to support digestion, immunity, and overall wellness. From refreshing juices to warming shots, we love how versatile it is. Which ginger drink are you reaching for today."  
 Clips:  
 1. Opening fridge to grab ginger-related drink.  
 2. Video of shaking the bottle and pouring.  
 3. Footage of ginger at Foodland.

## Feb. 12 2026 10-2/4 hours:

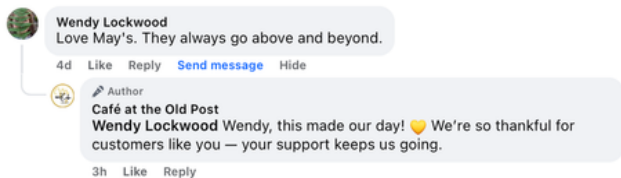
Today, I worked on a ginger-focused health benefits reel to educate customers while promoting drinks at May's Café that include ginger. I identified the relevant menu items and captured original footage of selecting, shaking, and opening a drink to add authenticity, supplementing it with Canva stock video. Although filming in a busy café felt slightly uncomfortable, I gathered the necessary content and purchased the drink to complete the shot naturally. I also refreshed the Valentine's Day dinner reel using real photos from last year to create urgency and reconnect past guests. I ended the shift by posting the Valentine's content, engaging with comments, and repurposing one into a testimonial post for Sunday, February 22.

## Notes:

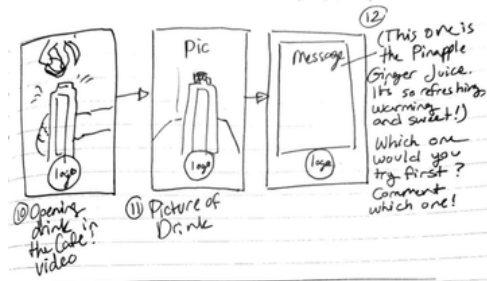
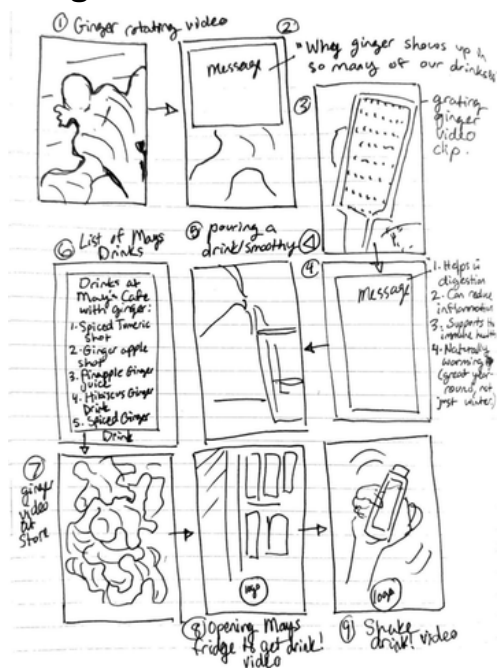
Valentines Reel Throwback and invite jothters:  
 - Used last year's Valentine's dinner photos and to get people to see and re-ignite the want to go! (Capture in photo templates)  
 - Posted it to the public.  
 - Commented on peoples replies and engaging with the community.  
 - Scheduled next testimonial post for Sun Feb 22nd.

Valentines ~~Throwback~~ Changes to Reel:  
 - pictures + Message inviting people to come again or for the first time.  
 - Message + Address + New background.

## Replying to Messages:



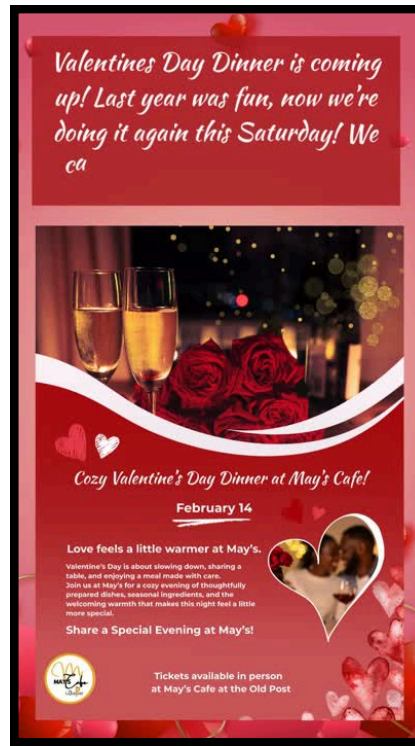
## Ginger Health Benefit Reel:



## Final Ginger Health Benefit Reel



## Valentines Day Reel:



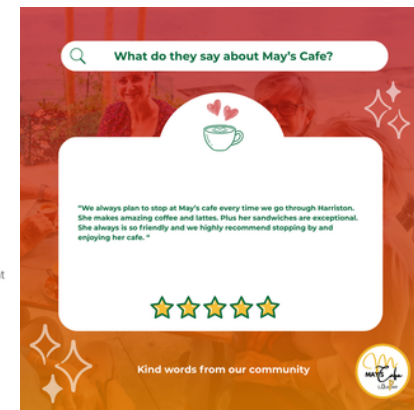
## Replying and turn into testimonial:



## Conclusion:

Overall, I'm happy with the video – particularly the opening sequence, which feels engaging and aligned with the message – but I believe the ending footage could be more refined and confident. I recognize that building comfort while filming in a public café setting is part of the learning process, and this will naturally improve with continued practice. It can feel uncomfortable capturing content around customers because I want to be respectful of their space and experience; however, creating strong, engaging visuals is an important part of my role in growing the café's presence. Moving forward, I plan to approach filming with greater confidence, clearer intention, and a stronger sense of direction, while still being mindful of the café environment and customer comfort.

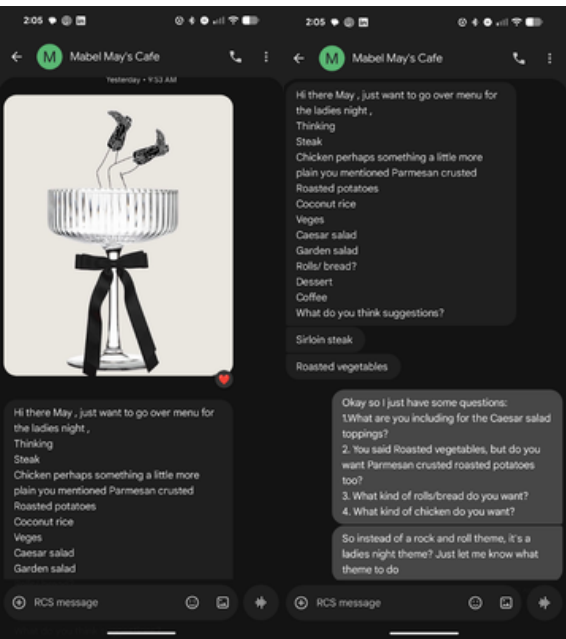
## Testimonial Post:



**Feb. 17 2026 10-3/5 hours:**

Today, May assigned a last-minute catering menu project near the end of my shift, requesting it be completed the same day. She provided three simple Canva templates and limited details, specifying a Ladies Night theme but not clarifying branding expectations. I created the menu based on the information available and confirmed key details, including the client's identity (later clarified as the Palmerston Agricultural Society). I added food descriptions for clarity, which the client ultimately appreciated after May confirmed with them. Communication was challenging, as there was limited time for clarification and adjustments were requested later in the process. I reiterated that my questions are intended to ensure accuracy and align with a clear creative brief so I can deliver strong work. Despite the time pressure, I remained focused and professional. During the shift, I also posted the Weekly Specials, shared the February 28 Dinner Series event, and created a promotional video for the February 21 and 28 dinners to be posted tomorrow.

**May's Text/Information given:**



**Sample Templates May shared with me:**



**Issues I noticed:**

The issue with the requested direction is the lack of visual and brand consistency. The templates vary significantly in style, layout, colour, and typography, creating a disjointed look. There is no clear hierarchy, cohesive branding, or defined aesthetic, which makes it difficult to establish a polished, professional identity for the event materials.

**Template I designed previously to keep on brand:**



**What I turned it into (Ladies Night Theme):**



**Conclusion:**

This version reflects May's preference for a themed, decorative look rather than strong brand consistency. While it's less branded than I would typically design, it successfully delivers the "Ladies Night" theme she wanted, and I'm satisfied it meets her expectations.

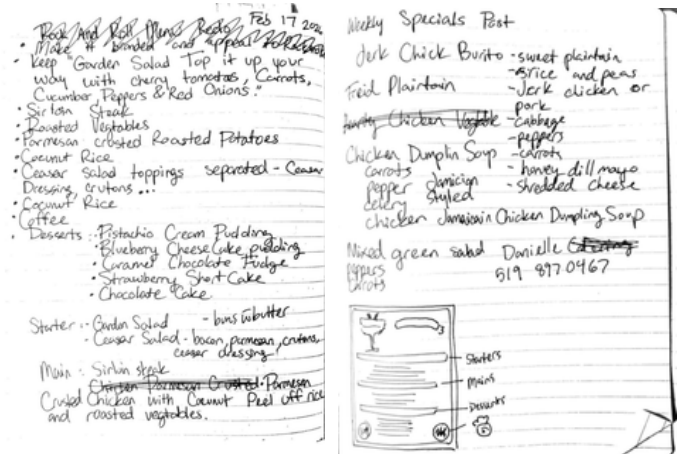
**What I think about this brief:**

The brief lacks clear structure and complete details, making it difficult to execute accurately. I asked clarifying questions by text to confirm specifics, but responses were limited, and in-person communication is challenging due to time pressure and pace.

**Rational for Branded themed menu design:**

I designed the menu with light pink boxes, consistent green text, and layout to keep it on brand, adding a quick ChatGPT rendered "Ladies Night" heading and the martini image May referenced. May clarified she prefers themed, not branded, catering menus and replaced the border with decorative Canva graphics.

**Notes:**



**Feb. 19 2026 10-2/4 hours:**

Today, I captured light footage of drinks from the cooler and then worked on updating the Health Benefits reels and posts. I gathered visual inspiration from Pinterest, collaborated with ChatGPT for messaging ideas, and sketched concepts in my journal, taking more time to thoughtfully develop a strong weekly format for both reels and static posts. I was excited to have space to think creatively. I also found original photography May had of her drinks and teas, which was encouraging to use instead of stock imagery. Although I didn't complete everything, I plan to finish it on Monday. May provided next week's Weekly Specials details, and I asked her to slow down while I took notes to ensure accuracy. I also developed an idea for a future reel featuring the café's parfaits.

**Images May had that I used:**



**Reels:**



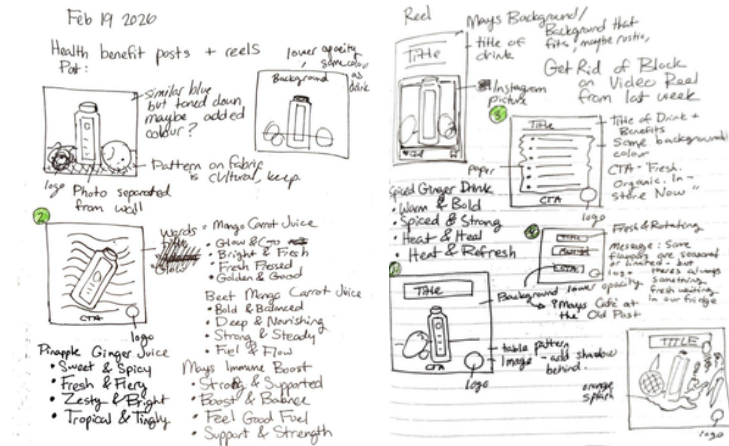
**My Process so far:**

**Posts:**

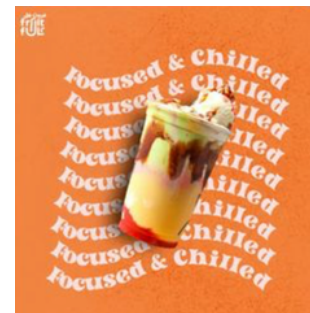


\*\*I used Canva Fruits and background and splash. I wasn't able to do the wave for the text, so I made it look like its echoing in rings.

**Thumbs and Notes:**



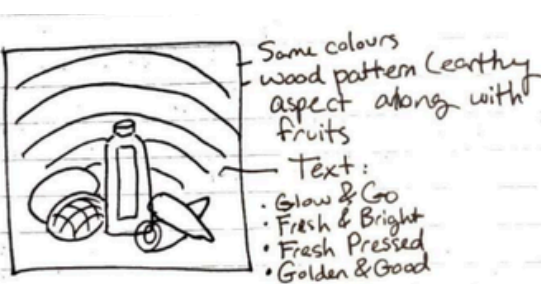
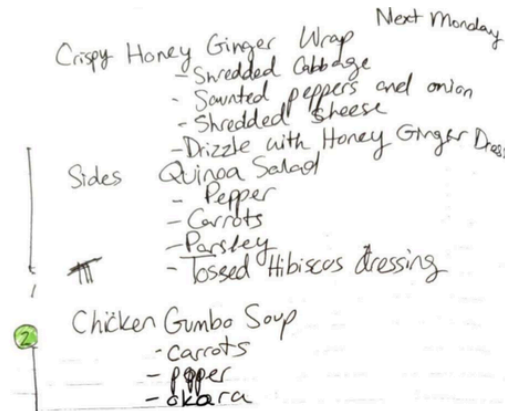
**Inspiration:**



**Conclusion of design so far:**

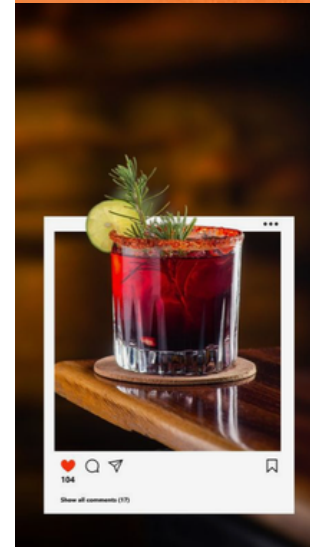
The post designs are coming together well because they feel cohesive, energetic, and intentional while keeping the juice bottles as the clear focal point. The repeated background typography adds movement, and the consistent layout creates a strong visual system across the series without overwhelming the viewer.

**Weekly Specials Prep:**



**What I took from Inspiration:**

I used bold repeating text and color blocking for energy, while keeping the juice as the main focus.



**Random Idea:**

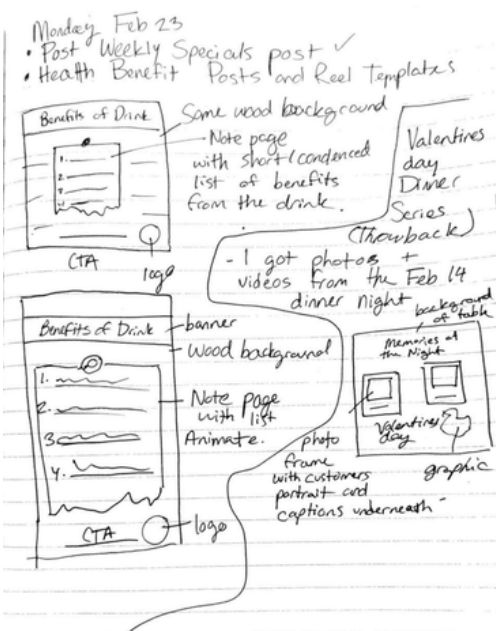


Building the reels in Canva using the static posts has also made the process more efficient. It allows me to repurpose the designs into motion, experiment with animation and effects, and maintain brand consistency across both posts and reels while saving time.

**Feb. 23 2026 10-2/4 hours:**

Today, I posted the Weekly Specials and completed the Health Benefits reel and accompanying static posts. I finalized the Canva files, refining details and adding simple animations and upbeat music to keep the reel clear, vibrant, and engaging within the platform's limitations. I scheduled the static posts for tomorrow using captions developed with ChatGPT. May also shared photos and videos from the February 14 Dinner Series, and I began adapting my existing dinner templates to create recap posts that highlight the evening, showcase what May's offers, and provide attendees with a shareable keepsake-style post. While not fully finished, I'm happy with the direction.

**Notes:**



**Comments after posting showing progress:**



**Valentine's Day Memories Post:**



**Going forward:**

I feel really good about the direction of the Valentine's Day Memories post. It captures the warmth of the evening while creating a keepsake for customers who attended and shared testimonial reviews. It also gives May's Café a meaningful opportunity to showcase real experiences and encourage others to be part of future events.

**Health Benefit Post:**



**Reel:**



**Health Benefit Reel Conclusion:**

Overall, I'm happy with the final Mango Carrot Juice Health Benefits reel and how well it pairs with the supporting static posts. The visuals feel vibrant and energetic, and the messaging clearly connects the health benefits to the product in an engaging way. I think the colour choices and upbeat tone work well, but I'm still evaluating the pacing and animation to see what could feel smoother or more refined. Moving forward, I'd like to continue analyzing what resonates most—whether it's clarity of information, authenticity of footage, or overall engagement—so I can strengthen future health-focused reels.

**Health Benefit Post Conclusion:**

Overall, I'm happy with how the static posts turned out and how well they support the reel. The bright, fresh colour palette and clear layout make the information easy to read, and the combination of product imagery and benefit highlights feels cohesive and energetic. I think the benefit slide is strong in clarity, while the flavour and reminder slides reinforce the brand message effectively. Moving forward, I'd like to continue evaluating

text hierarchy, spacing, and visual balance to see what captures attention most and drives engagement.

**Feb. 24 2026 10-2/4 hours:**

Today, I presented my progress on the Health Benefits posts and reel, as well as the Valentine's Day Memories content. May shared that she didn't like the yellow bar, which I understood and adjusted accordingly. I finalized and posted the Health Benefits content, then continued refining the Valentine's posts and reel. She also pointed out an error in last week's Weekly Specials post, which reinforced the importance of confirming details with her before publishing. Additionally, May suggested creating a shared Google Drive for photos and files, which I plan to set up, and asked that I join the "What's Up Listowel Ontario" group and tag them in future posts.

**Notes:**

Mar 14 New Dinner Series  
The Chef Experience  
April 11  
Pre order - launch #13  
Mar Dinner Meal Pickup/dining  
between lunch + dinner  
Waiting for name  
Made fresh containers to eat



**Valentines Day Progression:**

I'm happy with the progress of the Valentine's Day Memories post, as it effectively highlights the success of the evening through photos and video testimonials from customers. I believe it will resonate with both those who attended and those who didn't, encouraging future interest in next year's event. I also like the idea of creating small keepsake-style cards for guests who left reviews, giving them something personal to save. The post captures the spirit of the night well, and I'm continuing to refine it with the goal of publishing on Thursday.

**Health Benefit Posts:**



**Valentines Day Memories Post:**



**Health Benefit Reel:**



**Changes:**

The green and brown gradient is changable to other colours for future posts but this ultimately looks so much better than yesterday's 's finished work. May was happy with the changes.

## Mar 2 2026 10-2/4 hours:

Today, I finalized the Valentine's Day Memories post and reel, incorporating customer testimonials, carefully cropped highlight clips, photo frames, and background music to capture the evening. I then began designing the new March 14 Dinner Series event, The Chef Experience, theming it with an early spring feel while adapting the existing dinner templates for consistency. I created a coordinating reel using subtle spring animations from Canva to align with the static post. Near the end of my shift, May sent this week's specials, which I prioritized and posted promptly. I let her know I would review my progress with her tomorrow.

## Notes:

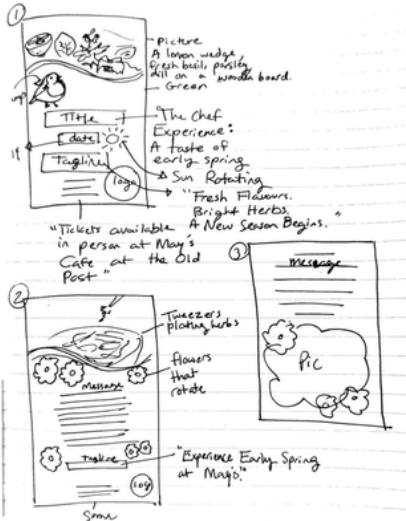
- Mar 2 2026
- Post Weekly Specials
- Valentine's Memories Post + Reel for ~~Wednesday~~ Wednesday
- Work on ~~Mar 14~~ The Chef Experience
- Mar 14 > Post Tomorrow
- Make folder

The Chef Experience Post

Spring Pic  
 Title: A Taste of Early Spring  
 Tagline: Fresh Flavours. Bright Herbs. A New Season Begins.  
 Message: An elevated evening of flavour & creativity. Fresh Flavours. Bright Herbs. A New Season Begins.

Spring Pic  
 Title: A Taste of Early Spring  
 Tagline: Fresh Flavours. Bright Herbs. A New Season Begins.  
 Message: An elevated evening of flavour & creativity. Fresh Flavours. Bright Herbs. A New Season Begins.

Pic  
 A lemon wedge, fresh basil, parsley, all on a wooden board.  
 Theme: Fresh, light, seasonal. Think: herbs, citrus, greens, bright sauces, lighter plates. Winter is ending, but spring isn't fully here.  
 The Chef Experience: A Taste of Early Spring. Graphics: Sun, Robin (early spring), Flowers.



## May's Text for Weekly Specials Post:

1:30 PM

Special: Battered haddock fillet fish wrap. Topped with tomato salad, lettuce, cheese and thousand island dressing

Sides:

soup 1: hearty beef vegetables

Soup 2: Coconut chickpeas curry

Spinach salad topping tomato carrot onion and pepper

Honey ginger couscous salad



## Mar 14 Dinner Series Reel and posts:



## Valentines Day Memories Reel:



## Reel Conclusion:

The first draft of the reel successfully sets a fresh and elevated tone for The Chef Experience. The shift to spring greens and lighter visuals clearly signals the seasonal direction, while the balance of ingredients and guest experience imagery makes the event feel curated rather than promotional. Overall, it creates anticipation and positions the series as something intentional and worth reserving.

## Valentines Day Memories Post:



## Post Conclusion:

The static posts successfully transform the event into a shareable keepsake. By combining testimonials, candid moments, and consistent visual framing, the designs feel scrapbook-inspired rather than promotional. The layout encourages guests to save the images to their phones as a small digital memory of the evening, reinforcing emotional connection while strengthening May's brand as experience-driven and community-focused. This approach also adds lasting value beyond the event itself, allowing the content to live on as part of guests' personal memories.

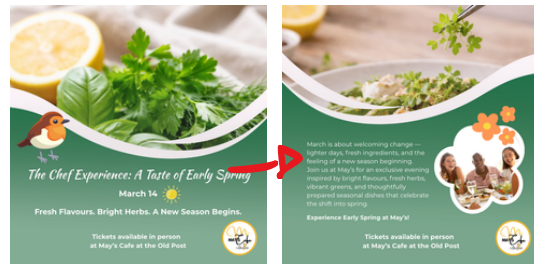
**Mar. 3 2026 10-2/4 hours:**

Today, I reviewed yesterday's posts with May and we had an open conversation about what is and isn't working. She clarified that she would like more variation in layouts rather than reusing templates and that posts should be confirmed with her before publishing. I explained my communication needs, including speaking face-to-face and having adequate time to develop new layouts within my limited hours, and we agreed to continue working collaboratively. She also encouraged me to capture more in-café footage when possible. I initially explored floral accents for The Chef Experience to reflect an early spring theme, but later understood that she meant variation in layout and colour rather than seasonal graphics. I received confirmation and posted the Valentine's Day Memories post, and I am now experimenting with alternative layout directions.

**Notes:**

Mar 3 2026  
 Feedback from May:  
 - knows what I do is good technically but wants new wow factor involved in every different posts. Conversations about keeping brand consistency but wants each season (summer, spring, fall, winter) to be different somehow, doesn't want things to be the same all year. Look into how brands can evolve seasonally and what wow factors included in every post. Wants me to interact with customers more, conversation was helpful but I need to try different things and seek feedback consistently to come up with things that will work for both of us!  
 Ideas Post Conversations:  
 - I created got ChatGPT to create 10 spring styles background to mix throughout the season, will change throughout the seasons, just have to adjust to fit body of words in.  
 The Chef Experience:  
 - Pink gradient  
 - blue background  
 - Background: floral pattern  
 - Gradient (green)  
 - Fresh Flavours. Bright Herbs. A New Season Begins.  
 Tickets available in person at May's Cafe at the Old Post  
 May later feedback:  
 - No flowers in March - just have different layouts to give freshness to weekly posts.

**Previous Chef Experience Post:**



**Changes Chef Experience Post during shift:**



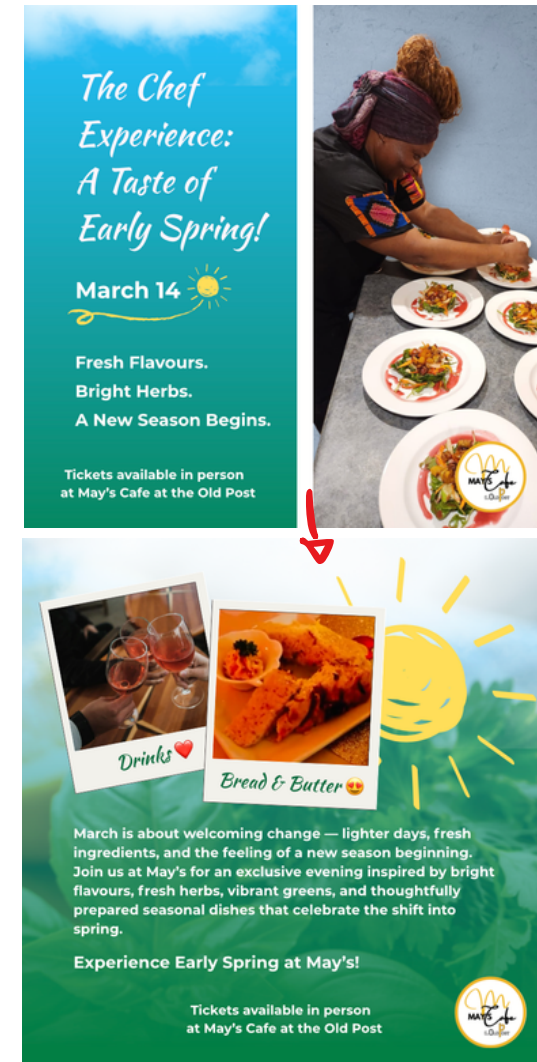
**Pinterest Inspiration:**



**Changes to be made after clarification from May:**

May clarified that there is no need to include floral elements. She would like me to continue in the current design direction but introduce more variation in layouts to keep the content feeling fresh. This can be achieved by adjusting compositions, experimenting with different colour pairings and photo placements, and refining images to be cleaner and more polished, including avoiding visible hands where possible.

**Extended after hours changes:**



**Conclusion after changes before Thursday check in:**

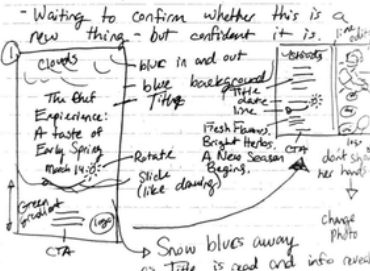
This version reflects May's request for fresher layouts while maintaining core brand elements. The variation comes through composition, colour balance, and cleaner photo choices rather than added graphics. It feels more intentional, visually refreshed, and aligned with her expectations.

**Mar. 5 2026 10-2/4 hours:**

Today, I continued working on The Chef Experience post and created the reel for it. Later, May confirmed she would like more real photos and video content incorporated, though she liked the overall design direction. I was proud of the concept reflecting March's transition—melting snow, sunshine, and the start of spring. I also finalized the testimonial post for Sunday by adjusting colours, updating the photo and caption, improving text spacing for readability, and adding the review date for context. I reviewed the Facebook page to see how the posts appear together and replied to any comments I found. I then began working on the Dinner Meal announcement post that May mentioned last week, promoting the new pre-ordered meal option for dine-in or takeout. May shared photos for this content and requested that the "New" banner be more emphasized. I spent the remainder of the shift organizing the images to prepare for editing on Monday.

**Notes:**

- Mar 5 2026
- Dinner Meal Post Name ideas
  - May's Fresh Family Meals
  - Dinner To-Go at May's
  - Homestyle Meals from May's
  - May's Take Home Dinners
  - May's Ready-to-Enjoy Meals
  - Dinner Made Easy at May's



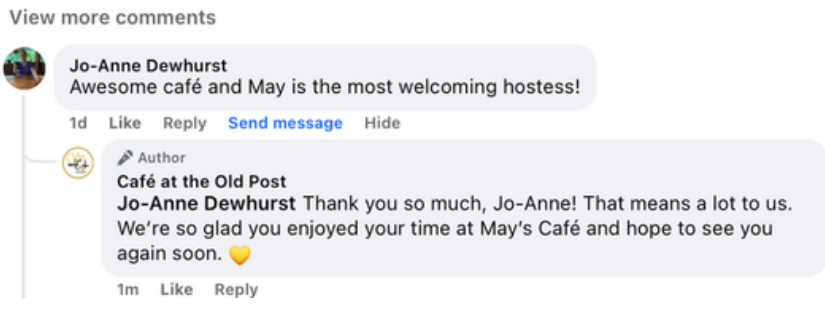
**Dinner Meal Post Initial Design:**



**Dinner Meal Post Design Conclusion:**

Overall, I'm happy with the direction of the Dinner Meal post. The layout clearly communicates the new offering while using warm colours and simple graphics to draw attention to the key information. The "New at May's Café" banner helps highlight the announcement, and the structure makes it easy for customers to quickly understand what is being offered and when it launches. I plan to add the photos of the dinner meals May sent afterward to strengthen the post with real food imagery and make it even more appealing to customers.

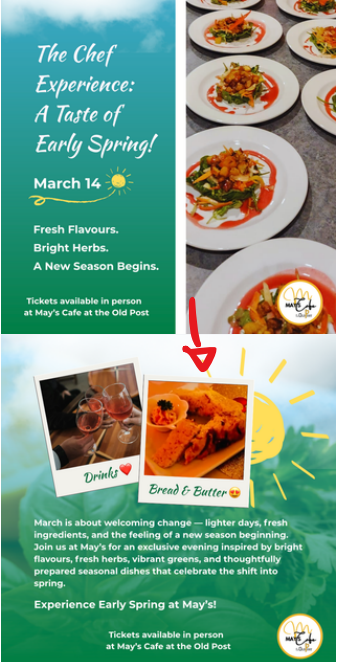
**Facebook comment and reply:**



**The Chef Experience Post Update:**



**The Chef Experience Reel Update:**



**The Chef Experience Conclusion for both:**

Overall, I'm happy with the concept and direction of this post and reel. The transition from winter to early spring with the sun graphic and fresh green tones helps communicate the seasonal theme in a simple, visual way, and the real food photography supports the message well. The layout keeps the information clear while still feeling warm and inviting. Moving forward, I will incorporate more real photos and video content as May suggested, but I believe the current structure works well because it balances storytelling, readability, and visual interest while highlighting the experience of the event.

**Mar. 9 2026 10-2/4 hours:**

Today, I captured footage of newly baked goods and a barista making a latte to use in a future reel. Managing filming while producing content quickly can be stressful, but I see it as an opportunity to strengthen my skills as a designer and art director. I reviewed the updated Dinner Meal post with May, and she approved it to be posted tomorrow. I also showed her the progress on the March 14 dinner post, where she asked for more experience-focused photos and to avoid using the picture frame style since it had been used several times already. I explored an alternative approach using organic “blob” frames to incorporate photos in a new way and plan to confirm her thoughts on it tomorrow. I also created an International Women’s Day post to reflect the occasion and finalized and posted the Weekly Specials.

**Notes:**

- Mar 9 2026  
Specials  
Crispy Spice chicken topped w  
brioche bun topped w creamy skin pickles tomato lettuce cheese  
Parsley Chickpea Salad - tossed with olive dressing  
Creamy Cream of Broccoli Soup

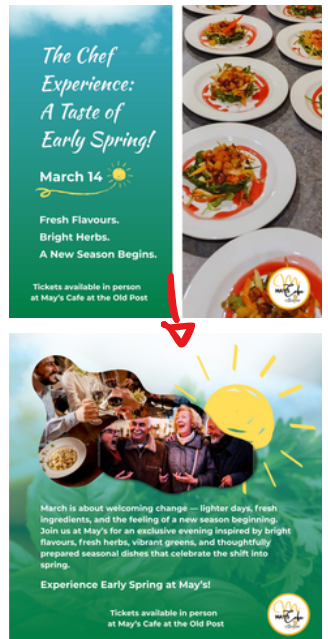
- Classic Coffee puns (Concepts)  
 • I like my coffee like I like my morning... strong and quiet.  
 • Espresso yourself. love today.  
 • I like you a latte. • Take like one sip.  
 • Don't worry, be frappe. a time.  
 • You mocha me very happy.  
 • Life happens, coffee helps.  
 • Better latte than never.  
 • I'm brew-ful before my coffee.  
 • I'm not addicted to coffee... we're just in a committed relationship.  
 • Happiness is a warm cup of coffee.  
 Short Cafe Sign Jokes:  
 • Decaf? No thanks, I like my coffee with purpose.  
 • Behind every successful day is a substantial amount of coffee.  
 • Our love language is coffee.  
 Slightly funnier:  
 • What's a coffee's favorite exercise?  
 The French press.  
 • Why do baristas make terrible comedians?  
 Because their jokes are always a little bitter.



**Inspiration:**



**The Chef Experience Post Update:**



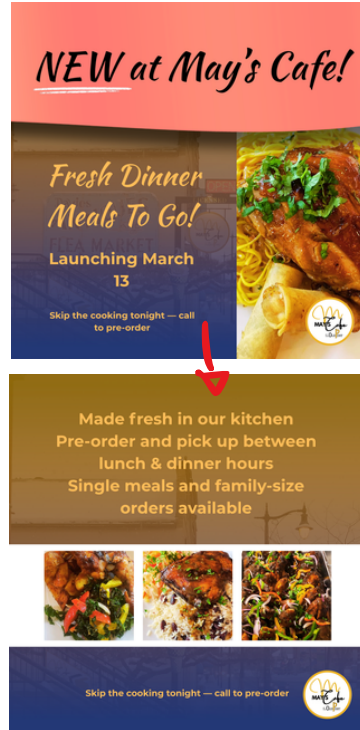
**The Chef Experience Reel Update:**



**The Chef Experience Conclusion for both:**

Overall, adding the blob photo frames helped explore a new visual direction for the Chef Experience post, but I'm not completely convinced they are the best fit for the design. Experimenting with new elements is an important part of the process, and I'm glad I tried it because it helped clarify what feels right visually. Moving forward, I'm considering testing smoother, more subtle frames to see if they integrate more naturally with the layout while still introducing variation.

**Dinner Meal Post finalized:**



**International Woman's Day Post:**



**Conclusion IWD Post:**

Overall, I'm happy with the final design. I used Pinterest for visual inspiration and worked with ChatGPT to generate a similar but original graphic that feels more customized to the post while still reflecting the message of International Women's Day.

**Conclusion Dinner Meal Post:**

Overall, I'm happy with the direction of this design. I expanded the post from a single page into a two-page layout to give the information more space and clarity. I emphasized the “New at May’s Café” banner and increased the text size so the key message stands out more prominently. I also used darker gradient colours to create stronger contrast while reflecting the evening atmosphere when customers are heading home from work and looking for an easy dinner option. Finally, I incorporated the additional food photos May shared last week to make the post feel more authentic and visually appealing.

**Mar. 10 2026 10-2/4 hours:**

Today, I began designing rotating "We Are Open" posts with varied layouts to keep the page feeling fresh. After showing May the progress, she shared that she would prefer the posts to be more visually driven and focused primarily on photos and products rather than text-heavy layouts. Based on that feedback, I paused the work on those designs to revise the Dinner Meal post, as she wanted the weekly meal special to be featured instead. I reorganized the layout to highlight the food photography more prominently and included the meal options available for this week. After reviewing the changes and receiving her approval, I posted the update and also replied to a comment on the previous testimonial post to continue supporting engagement on the page.

**Notes:**

Current only template  
 We are OPEN!  
 date: Monday-Saturday / 8am-5pm  
 Message  
 We can't wait to see you at May's Cafe at the Old Post!  
 PIC  
 logo  
 been the same picture this whole time, let's change it.  
 stroke  
 Add joke we can't wait to see you at May's Cafe at the old post  
 stroke  
 dates + pic to stroke  
 stroke  
 brick background the outside of the Old Post  
 Picture in shape of bricks missing.  
 Some CTA logo

Dinner Meal Post -> Reedit  
 Title: Fresh Dinner Meals to Go!  
 Each dinner includes your choice of:  
 \*Picture is the star!  
 • 1 Protein  
 • 1 Starch  
 • 1 Vegetable + 1 Meal per page.  
 CTA  
 What the meal is rate  
 Title  
 PIC  
 PIC  
 PIC  
 CTA  
 logo  
 Launch Date  
 logo

**Dinner Meal Post finalized:**

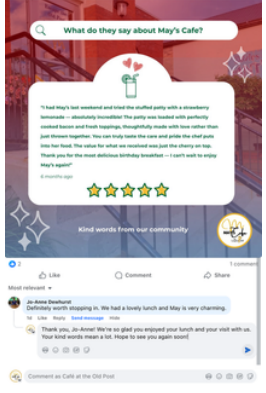


**We Are Open Post Template designs:**



**Testimonial Post Comment**

**Response:**



**We Are Open Progress:**

Overall, I'm happy with the direction of these "We Are Open" template designs. They explore different layouts while keeping the café's colours and tone consistent. The posts highlight baked goods and menu items in a warm, inviting way that reflects the atmosphere of the café. Moving forward, based on feedback, I plan to enlarge the visuals and let the food photography take a stronger focus as I continue refining these designs next week.

**Conclusion Dinner Meal Post:**

I'm very happy with the current design direction for the We Are Open posts. After feedback from May, the goal moving forward is to create layouts that are more visually balanced and less text-heavy. The next posts will focus more on imagery, products, and visual appeal while exploring different layout variations. I'm excited about the direction and will continue developing the series next week.

**Mar. 16 2026 10-2/4 hours:**

Today I refined the We Are Open posts to focus more on visuals and less text. May spoke with me about the Instagram page looking cluttered and repetitive compared to Facebook, and I acknowledged that this was my mistake. I explained that managing multiple projects while still learning Meta Business Suite contributed to the issue, and I apologized while outlining my plan to fix it. I began by deleting the repetitive posts on Instagram, and we agreed that We Are Open updates will now appear only as stories. The conversation helped me better understand her expectations, and although communication with her has been challenging, it has been insightful and I appreciate the chance to learn from mistakes. I spent the rest of the shift updating the Weekly Specials to reflect these changes, but the edits will be finished tomorrow.

**Notes:**

The old Post Caesar wrap:  
 → Crispy chicken topped with Romain / Parm / Bacon / Caesar dressing.  
 Bacon & Chicken tortellini Soup.  
 Apple slaw  
 Apples / Peppers / Parsley / Cabbage / Carrot

**Instagram Before:**



**We Are Open Posts:**



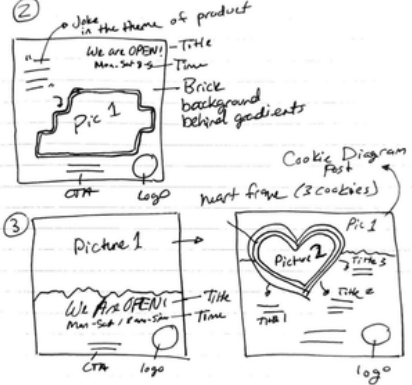
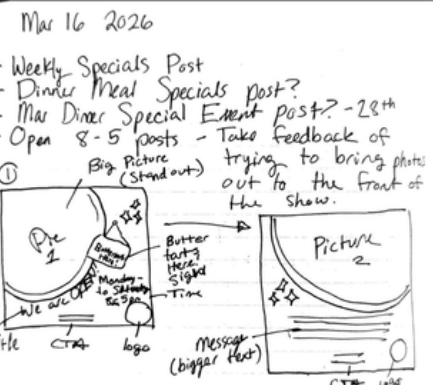
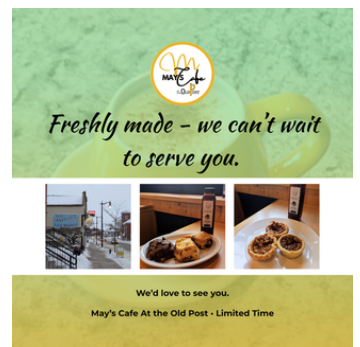
**Weekly Specials Edit:**



- Change the layouts completely and get rid of blocky block.
- Have more different layouts.
- Experiment with colours to reflect the nature of the weekly specials.
- Make Text and images bigger

**Conclusion:**

Overall I am happy with where the direction of design is going but now another challenge lies: May wants me to experiment with the background more, and I have to change the layout to story layout.





**Mar. 17 2026 10-2/4 hours:**

Today, I worked on the We Are Open stories, turned the cookie diagram into a post for tomorrow, and began designing a new layout for this week's dinner menu while also posting The Chef Experience content, including a reel, to both Instagram and Facebook. The shift felt fast-paced, especially after spending time speaking with a businesswoman who was at May's to plan a women's empowerment makeup event hosted at the café—I took the time to hear her out and engage in the conversation, which set me back about an hour but felt valuable. After that, I had to rely more on instinct and efficiency to get everything completed, while continuing to check in with May to ensure the content aligned with her expectations. After posting, I noticed inconsistencies in the logos, so I plan to go back and correct them and ensure everything is standardized moving forward.

**The Chef Experience Instagram post:**



**The Chef Experience Facebook post:**



**The Cookie Diagram Post Facebook:**



**The Cookie Diagram Post Instagram:**



**We Are Open Story Posts:**



**We Are Open Conclusion:**

The Stories are showing visuals first, text second, and added background overlays and put it in correct format.

**Dinner Meal Conclusion:**

I created a new layout to add differentiation throughout posts and focused on visuals first but made sure text is balanced enough.

**Chef Experience Conclusion:**

After last edits and reflection, I decided to put the photos as background and make the composition less crowded and prime photos stand out with the adjusted date being Mar 28

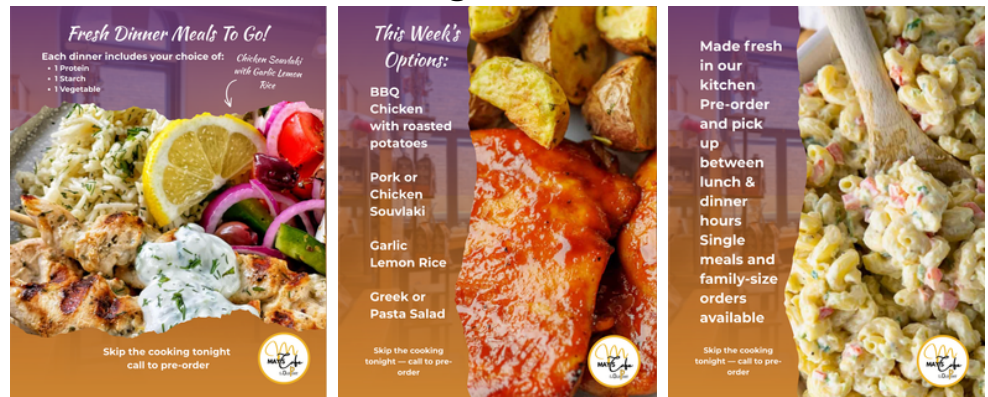
**The Chef Experience Reel:**



**The Dinner Meal Posts Facebook:**



**The Dinner Meal Posts Instagram:**

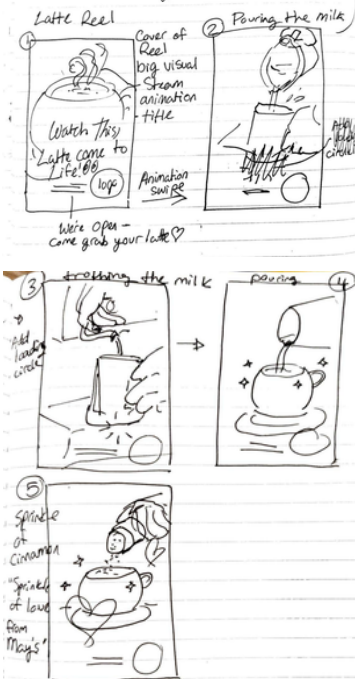


Mar. 23 2026 10-2/4 hours:

Today, I dropped off my notebook with May at the start of my shift so she could write down the specials, then went downstairs to begin working on a new reel that shows how May's makes their lattes—walking viewers through the process and highlighting the care behind each drink. I used video clips from last week to create a more intentional, designed reel, which I haven't shown May yet but plan to share first thing tomorrow for feedback. I was really proud of how it turned out, and then moved on to editing one of the new Weekly Specials templates I created last week, updating it with the current specials. After showing May, she provided more accurate photos, so I revised the layout again to reflect those images, and once I got her approval, I posted it to both Facebook and Instagram, along with a new We Are Open story to highlight the freshly baked cookies at the start of the week.

**Notes:**

- Mar 23 2026
- Weekly Special
- Latte reel
- Dinner Meal Layout
- Testimonial



**Latte Reel Conclusion:**

This reel captures the care and craftsmanship behind each latte at May's through clean, visually driven shots and smooth transitions. It focuses on the process, texture, and overall experience, allowing the visuals to take the lead. The direction feels more refined and aligned with a stronger visual approach, and I'm looking forward to refining it further with May's feedback.

**Notes:**

*Soup*  
*Split Chickpea & Turkey*  
*Cream of Cauliflower*  
*Salad.*  
*Greek salad*

**The Postmaster's Baguette**

→ Assorted deli meat  
~~Swiss~~ ~~Postmaster's~~ ~~Chicken~~  
 Smoked ham / Serrano / Chicken  
 Lettuce / Tomatoes / Mustard /

\*\*Leaving the notebook with May has made it much easier to gather information and work around my hearing barrier.

**Latte Reel:**



**Facebook Weekly Specials Post:**



**Instagram Weekly Specials Post:**



**Facebook Weekly Specials Post Before May's Changes:**



**Instagram Weekly Specials Post:**



**Weekly Specials Conclusion:**

This week's updates refine the weekly specials to feel more cohesive across Facebook and Instagram, while keeping the original design direction. I adjusted the Instagram layout to prioritize imagery and simplified the text so both platforms read consistently, creating a more balanced and visually engaging post.

**Story posted for the day:**



**Mar. 24 2026 10-2/4 hours:**

Today, May let me know she needed to return to our original agreement due to staffing challenges and financial limitations, as she's been overwhelmed running the café and needs to prioritize the kitchen and her well-being, which I completely understood and respected. While I appreciated her offer to stay on as a barista, I shared that I'm hoping to pursue more design-focused opportunities and would really value her as a reference moving forward. She gave me until April 1st, and I expressed how grateful I am for the experience, as working with her has taught me a lot about designing for a small business, client communication, and adapting quickly in a fast-paced environment. I assured her I would continue giving my best during my remaining shifts and stay focused on delivering strong, thoughtful work until the end. I then showed her my latte reel, made edits based on her feedback—shortening it and removing the cleaning portion—and got approval to post. I also created a reminder post for the Chef Experience dinner on March 28, which was approved on the first try, and spent the rest of my shift designing the new weekly dinner post, refining it based on her feedback to condense the layout and better highlight the food before getting it approved and posted.

**Notes:**

Mar 24 2026

- Made edits to Latte Reel: She wanted it shortened and took out the cleaning of the steam wand. She reviewed my changes and approved it for posting.
- She wants a reminder post for the Chef Experience.

**Chef Experience reminder post:**

1. Banner: ONLY 2 SPOTS REMAINING. Don't miss out — reserve now. (Dark miss out — reserve now)

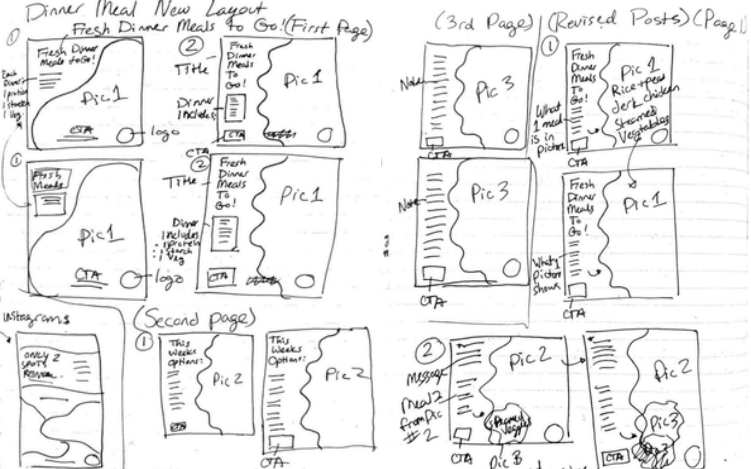
2. Title: ONLY 2 SPOTS REMAINING. Don't miss out — reserve now. (Dark miss out — reserve now)

3. Text: Tickets available in person at May's Cafe at the Old Post.

4. Image: Pic 1, Pic 2

5. CTA: Reserve Now

6. Logo: May's Cafe at the Old Post



**Latte Reel Final:**



**Latte Reel Final Conclusion:**

The reel effectively captures the process and care behind making a latte at May's, creating a warm and authentic connection with viewers. With the updated pacing and focus on key moments, the design now feels more engaging and aligned with the brand, highlighting both the product and the experience.

**Chef Experience Reminder Post:**



**Chef Experience Reminder Post Conclusion:**

The reminder post clearly communicates urgency while keeping the experience inviting and warm. The strong headline, balanced layout, and engaging imagery work together to highlight both the limited availability and the atmosphere of the event, making it visually compelling and effective in encouraging action.

**New Dinner Meal Post:**



**New Dinner Meal Post Conclusion:**

The dinner meal post successfully puts the food at the centre, using bold, close-up imagery to make each dish feel rich and appealing. The layout balances text and visuals well, with the organic shapes guiding the eye while keeping the information clear and easy to read. Overall, the design feels more refined and product-focused, effectively highlighting the quality and freshness of the meals.

**Mar. 26 2026 10-2/4 hours:**

Today, I researched testimonial post templates on Pinterest before sketching out new layout ideas, aiming to leave with a strong variety of designs and making sure images were prioritized and not overpowered by text. I wasn't able to get May's feedback since she was busy, so I spent the rest of my shift creating catering designs using photos I took while she was preparing an order, which gave me a valuable opportunity to showcase the food despite not usually having access to the kitchen. I've really enjoyed exploring social media design, and initially I focused on creating reusable, systematic templates with May's long-term needs in mind, knowing how busy she is, but she preferred more immediate, short-term content. I wish I had communicated my thought process more clearly, but I adapted by focusing on delivering what was needed in the moment, which still taught me a lot about layout, spacing, colour, and designing under real constraints.

**Notes:**



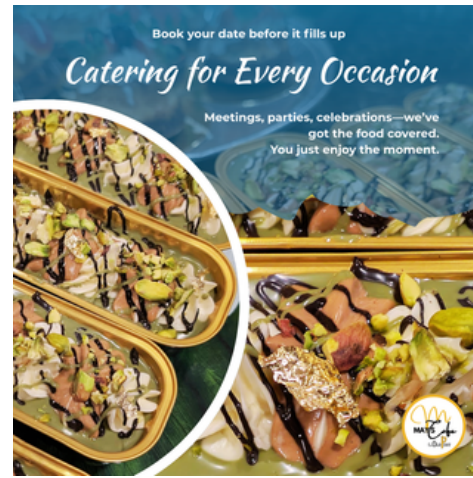
**Testimonial Facebook Posts:**



**\*\*Used ChatGPT for captions on CTA ideas and Catering Posts concepts and captions.**



**Catering Facebook Posts:**



**Conclusion (today):**

The designs show strong improvement in layout variety and visual focus, with images leading and text supporting. Overall, they effectively highlight both the customer experience and the food.

**Mar. 30 2026 10-2/4 hours:**

Today, May let me know she was busy with catering and didn't have time to meet, so while waiting for the specials list, I worked on new We Are Open stories and created a set of four designs focused on light, coffee-themed humour and encouraging customers out of the winter slump and into spring. Once May shared the specials, I moved into designing the final Weekly Specials post, which has evolved significantly since my first days at the café. It reflects a lot of iteration, feedback, and growth, and I feel I've reached a confident place in how I approach these layouts. I'm proud that I listened closely to May's feedback and was able to produce strong work within the time I had, showing efficiency under real constraints, communication challenges, and my hearing barrier. This experience has shifted how I think about design—especially the importance of prioritizing visuals, as people scroll quickly and the product needs to stand out immediately.

**Notes:**

This week post ideas  
 ↳ Extra Story posts  
 ↳ Check testimonial Posts  
 ↳ Closed Holiday hours Post  
 ↳ Check Catering Posts

Mar 30 2026  
 stories Concepts:  
 • Espresso yourself  
 • Life happens, coffee helps.  
 • Better latte than never.  
 • Our love language is coffee.

Espresso Yourself  
 Picture espresso  
 OPEN Mon-Sat 8am-5pm CTA

Life happens  
 Picture coffee  
 Coffee beans back ground  
 Warm + inviting  
 (sad vibes) Blue Background  
 Picture of green  
 Coffee helps.  
 OPEN Monday-Saturday 8am-5pm CTA

Our love language is coffee  
 Picture coffee making process  
 Our love language is coffee  
 heart shape  
 OPEN Monday-Saturday 8am-5pm CTA

Better latte than never.  
 background color purple to yellow/gold  
 OPEN Mon-Sat 8am-5pm CTA

**Notes:**

Cranberry chicken + brie sandwich  
 brioche → garlic aioli, chicken breast  
 bacon, brie, cranberry sauce

Sides -  
 Sweet potato chips

Quinoa salad pear, celery, pepper, tomato  
 7-grain salad - Season w/ cumin  
 Roasted Rutabaga Soup

Closed <sup>Friday</sup> Mon Holiday Post

**Conclusion Weekly Specials Post:**

The final Weekly Specials show strong improvement from iteration, with larger, more impactful imagery and better text balance that keeps the focus on the food. The designs feel more cohesive across platforms while effectively adapting for Facebook and Instagram layouts.

**Weekly Specials (before final approval):**



**Weekly Specials (final approval Facebook):**



**Weekly Specials (final approval Instagram):**



**My favourite:**



**We Are Open Story Posts:**



**Conclusion 1:**

Warm tones and coffee textures create a cozy, inviting espresso-focused design.

**Conclusion 2:**

Soft visuals and cool tones reflect a calm, comforting "coffee helps" feel.

**Conclusion 3:**

A clean, simple layout keeps the focus on the product and key info.

**Conclusion 4:**

Playful shapes highlight the coffee process and add personality.

**Mar. 31 2023 10-2/4 hours:**

Today, I checked in with May about the catering posts—she liked the layouts but wanted one photo changed and decided to move forward with only two. Catering, Done Right was approved right away, and I adapted it for Instagram, while Catering for Every Occasion was approved after I replaced a repetitive dessert image with a different sweet to better balance the visuals. I also showed her the testimonial posts, which she approved in terms of layout, with a couple of photos needing to be updated to better reflect the food she makes. While waiting for those images, I worked on the Easter Open/Close Hours post for the upcoming long weekend, which was approved on the first try. I then scheduled the approved catering posts, completed the final four story designs (which were all approved), and once I received the updated testimonial photos, I finalized and scheduled those posts across April. This felt like a strong, organized finish with multiple pieces completed and scheduled ahead.

**Notes:**

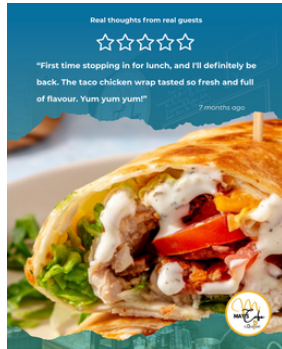
Story Concepts:

- I like my coffee like I like my mornings... strong and quiet.
- Take life one sip at a time.
- You mocha me very happy.
- I'm not addicted to coffee... we're just in a committed relationship.

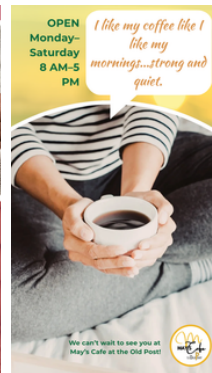
Handwritten notes and diagrams detailing the layout for the Catering, Done Right post, including sections for Photo 1, Photo 2, Photo 3, and the CTA (Call to Action). It also includes a section for the Easter Holiday Post, mentioning 'Closed Friday' and 'Open Saturday'.

**Edited**

**Testimonial Posts:**



**Stories Made today:**



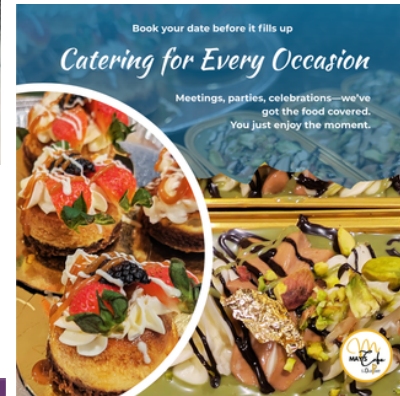
**Easter Holiday Hours Final:**



**Conclusion Easter Hours:**

The Easter post effectively combines festive elements with clear information, using strong visuals and colour to create an eye-catching and easy-to-understand design.

**Edited Catering Post 1 to Post Facebook & Insta:**



**Conclusion Extra Stories:**

The story posts use relatable copy and warm visuals to create distinct, inviting designs that keep the coffee experience as the focus.

**Edited Catering Post 2 to Post Facebook & Insta:**



**Conclusion Testimonials:**

The Instagram testimonial layouts combine strong visuals with clear reviews to create an engaging and trustworthy customer experience.

