

DAMIEN
BURKE

GARRY
KELLY

DYLAN
RYAN PHELAN

SARAH BUTLER

COOK FOR LIFE



A FILM BY
G K MEDIA

A GK MEDIA
PRODUCTION

COOK FOR LIFE



SYNOPSIS

In the heart of Ireland, chef Sarah Butler has taken the culinary world by storm with her passion for easy and delicious meals. Sarah's journey began with a vision to inspire people and transform their eating habits through her television show. With her engaging personality, culinary expertise, and emphasis on simplicity, Sarah endeavors to teach viewers that cooking can be easy and enjoyable while promoting a shift towards healthier choices.





E P I S O D E N O . 1

O V E R V I E W

In this episode Sarah reaches out to Kaitlyn, a mum of four boys who is struggling to make cooking a part of her busy schedule.

In each episode of Sarah's television show, she emphasizes the importance of incorporating fresh, locally sourced ingredients into daily meals. With her warm and relatable personality,

Sarah effortlessly demonstrates how simple it can be to prepare nutritious meals that tantalize the taste buds. From hearty breakfast options to creative salads, satisfying main courses to delectable desserts, Sarah showcases a wide array of recipes that excite and inspire her audience.

Sarah Butler's television show is a remarkable endeavor that educates and empowers viewers to embrace a healthier lifestyle through the joy of cooking. Her passion for culinary excellence, combined with her dedication to promoting accessible and nutritious meals, makes her a driving force for change in the realm of unhealthy eating habits. As Sarah continues to inspire and empower her audience, she leads the charge towards a brighter, healthier future for all.



The Crew



GARRY KELLY PRODUCER

Garry has over 20 years experience working as a presenter, producer & tutor in the areas of Film, Television, Radio, and Marketing. He has produced short films, documentaries, audio-visual instalments, music videos, and a feature film with Screen Ireland (formerly Irish Film Board). Since 2007, Garry has also worked as a Producer & Presenter in both local and national radio and is Head of Irish Music at Galway Bay FM. He is Fully Qualified with the Teaching Council of Ireland to teach Film & TV Studies and Radio & Sound Production. More importantly, he is the father of two amazing girls.

DYLAN RYAN PHELAN EDITOR

Dylan is a recent film graduate of a four year college course, which has granted him a broad range of skills and experience.

He has a keen eye for framing and storytelling which he applies to every edit. He is constantly looking for new tricks and techniques to refine his craft.



DAMIEN BURKE VIDEOGRAPHER

Damien is an award-winning photographer and videographer, and has worked on numerous projects throughout Ireland over the past decade. He works as a volunteer in a lot of community projects in Oranmore and was involved in the setting up of Solas Camera Club.





About Sarah Butler

When Covid-19 hit my business as a wedding stationery designer was halted. I always loved to cook and bake so I took this to Instagram to share with others. Now with over 30,000 followers later in less than a year, I am delighted to share my recipe demos and tips with everyone.

My love for cooking blossomed at a young age. It was in her grandmother's kitchen where I discovered the magic of food, watching in awe as her grandmother whipped up mouthwatering dishes with ease. This early exposure ignited my curiosity and set me on a path of culinary exploration.

I have always wanted to show that cooking does not have to be fancy to taste good, and it does not have to be a chore. I am excited to meet with people who are struggling to cook good food and help reignite their passion for cooking .

[SARAHBUTLERATHOME.COM](https://sarahbutlerathome.com)

FOLLOW ALONG



SARAHBUTLERATHOME.COM

LISTEN TO THE PODCAST

A screenshot of a podcast player interface. On the left is a small square image of Sarah Butler. To its right, the text reads "Sarah Butler at Home" in bold, followed by "Apr 2021 · Sarah Butler at Home" in a smaller font. Below this is a "Follow" button. At the bottom, there is a progress bar with a play button icon on the right and a "01:03" duration indicator. The Spotify logo is visible in the top right corner of the player area.