

Tamara | Montreal Content Creator

INSTAGRAM

@therealmtlfoodie Canada, Montreal

???? OG food blogger (EN/FR) ?Montréal ? All things food & activities ? DM/email for collabs/invites/PR ? All content by me ????? ? @sushi\_the\_pomsky

|           |           |       |                 |                    |
|-----------|-----------|-------|-----------------|--------------------|
| 5,104     | 0         | 942   | 0.92%           | 0/100              |
| FOLLOWERS | FOLLOWING | POSTS | ENGAGEMENT RATE | SOCIALHIPPER SCORE |

Category

Food

Growth History (Last 30 Days)

| Date         | Followers | Engagement Rate | Avg Likes | Avg Comments |
|--------------|-----------|-----------------|-----------|--------------|
| May 19, 2026 | 5,104     | 0.92%           | 27        | 20           |

Recent Content Performance

| Type           | Posted       | Likes | Comments | Shares |
|----------------|--------------|-------|----------|--------|
| Carousel_album | May 15, 2026 | 0     | 19       | 0      |
| Video          | May 05, 2026 | 0     | 12       | 0      |
| Video          | Apr 29, 2026 | 0     | 22       | 0      |
| Carousel_album | Apr 24, 2026 | 0     | 18       | 0      |
| Video          | Feb 17, 2026 | 0     | 21       | 0      |

| Type           | Posted       | Likes | Comments | Shares |
|----------------|--------------|-------|----------|--------|
| Video          | Feb 06, 2026 | 0     | 23       | 0      |
| Video          | Feb 02, 2026 | 0     | 16       | 0      |
| Carousel_album | Jan 31, 2026 | 0     | 27       | 0      |
| Video          | Dec 30, 2025 | 0     | 9        | 0      |
| Video          | Dec 29, 2025 | 0     | 20       | 0      |
| Video          | Dec 11, 2025 | 0     | 20       | 0      |
| Video          | Dec 04, 2025 | 449   | 23       | 0      |

This report was generated by SocialHipper — <https://www.socialhipper.com>

Data is based on publicly available information and may not reflect real-time metrics.