

SupperWorks

Taking the work out of supper

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FOCUS on Business

SupperWorks - meal preparation made easy

A new concept in home cooking is providing Markham residents with more leisure time in their hectic schedules. Aptly named, SupperWorks, the company offers nutritious and delicious meals that customers can assemble and take home to their freezers. SupperWorks does all the work for you - shopping, preparation and clean-up. Within one hour of assembly, customers have six different entrees of four to six servings each, which they can take home and cook for their families.

"SupperWorks is bringing the family back to the dinner table, by taking care of the arduous tasks of meal preparation," says SupperWorks General Manager, Tim Ferguson. "Customers are amazed at how fast and easy it is. These meals are a healthier alternative to take out, as well as prepared foods that have a lot of additives."

Customers of SupperWorks can go online and choose the meal package and session time that suits their needs. Wonderful taste-tested dishes include Balsamic Pork Tenderloin, Creamy Herbed Chicken, and Ricotta and Fieldberry Crepes. Menus change each month. Various work stations have all of the ingredients prepared and measured for each recipe. When you finish one entrée, you move on to the next station. Best of all, SupperWorks staff cleans up the mess, so you can spend time just assembling your meals.

"Many times, a couple of friends will split an order, so that they have the same variety, in smaller portions," Tim says. "This is also a great idea for college-bound kids and elderly parents, who haven't the time or interest in cooking."



As an added convenience, for an additional fee, SupperWorks staff will do the assembly for you, on a minimum order of three entrees. The premises can also accommodate large groups, of up to 12 people, for parties, such as bridal showers and corporate team-building events. The company's "Stork Special" caters to new moms, where SupperWorks staff will assemble the meals at no extra fee. "Bring a child" sessions are a great opportunity to involve kids in food preparation and, because they are involved in the process, children enjoy the meals that much more.

SupperWorks offers various incentives and discounts for regular customers, as well as gift cards. For more information, or to book your SupperWorks session, call

905-294-0144 or visit
HYPERLINK "http://www.supperworks.com"
 www.supperworks.com
 SupperWorks is located at
 190 Bullock Drive, Unit 17
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