

The Good For You Gourmet

Catering Information Sheet

We are your Whole Foods Catering Professionals!

The Good For You Gourmet offers a convenient, gourmet, whole-foods Personal Chef and Catering service to residents of, and visitors to, Southern Vancouver Island and the Gulf Islands. Our recipes are made with local/seasonal and natural (gmo-free) produce, dairy and dairy alternatives, ancient grains and whole grain flours, (such as spelt and kamut, brown and wild rices and quinoa) and natural sweeteners (sucanat, turbinado, coconut sugar and brown rice syrup) as ingredients. We source free-range and/or organic meats from local butcher shops for use in our seasonally-based, wholesome, naturally delicious menu options. When preparing catered foods for larger events, we make use of local VIHA approved kitchens, and for smaller events (less than 50 guests) will happily prepare the foods at event sites. *We offer extensive options to suit your guests specific dietary needs, including singular or multiple allergies, such as gluten and dairy intolerances.*

Catering Services

We love to work with clients to create naturally wholesome & delicious foods for their special events, and specialize in catering local & whole foods wedding menus. We believe it is a chefs responsibility to use only non-toxic, health-supporting ingredients in the foods they prepare for their clients, and we have integrated this belief into every aspect of the services we offer. *Have us cater your next special occasion!*

Quality Ingredients

Our mission is to support our clients health by providing them with a wide variety of wholesome, health-supporting and delicious seasonal menu selections, using only the finest organic meat, dairy and produce, ancient grains, natural sweeteners and whole food products. The cold-pressed organic, non-hydrogenated *good* oils and fats that we use as ingredients, along with the *non-toxic*, non-irradiated spices and seasoning that we bring to our clients homes, all serve to safeguard our clients health and well-being. Find out more online: www.gfyg.ca

Chef Laura Moore, Owner/Chef

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