



In our travels, we always look forward to visits to Seattle. The beautiful ocean-front Washington State city has a well-earned reputation for fresh food in its Pike Market and many fine restaurants. That's why we were intrigued when we first learned of food entrepreneur Seattle Sutton. We were in for a surprise.

How It Started: Officially, it's called Seattle Sutton's Healthy Eating (SSHE). Although the company offers its services in Seattle, as well as in hundreds of other U.S. locations, the food service company was founded nearly 30 years ago by an Illinois registered nurse and nutrition expert with the actual name of Seattle Sutton.

Mrs. Sutton and her physician husband worked together in his medical practice for more than two decades, and raised five children together. She applied her considerable knowledge and experience in health and nutrition when she started her food service organization in Illinois.

Through the years, she and her family have worked together to build the business until today it provides daily meal preparation services from branches throughout the U.S. Many family members and loyal employees have been with the SSHE organization since its inception.

Why You Should Be A Customer: Next time you want to be assured of fresh, nutritious dining delivered promptly and regularly to you, consider signing up with Seattle Sutton. Enrollment contract programs cover from nine to 21 complete meals delivered per week, with prices ranging from about \$9 per meal.

Sample Menu Items: Typical items offered in the creative SSHE menus cover a variety of daily breakfast, lunch and dinner selections. For example, breakfast could include quiche, composed of crustless broccoli, egg white and Swiss cheese, along with a veggie sausage patty. It comes

with an eight-grain bread portion for toasting.

Consider a lunch of tomato basil soup with gourmet-grilled Muenster cheese in a seven-grain bread sandwich. For a hearty and healthy dinner, there could be grilled, mustard-glazed fresh salmon with seasoned couscous and zucchini.

Seattle Sutton meals are not only delicious and healthy, but can be prepared to meet all clients' specific dietary needs. They include low-calorie, vegetarian, vegan, fat-free, lactose-free and other requirements. The fresh meals are delivered to your home or business in sealed, recyclable containers with all ingredients listed clearly on accompanying labels.

Contact: Seattle Sutton outlets prepare and deliver more than 220,000 fresh meals every day to satisfied customers. For contact about service in your area and more details, go to www.seattlesutton.com/contact-sshe