



Healthy, Delicious Chef Prepared Meals

Saving Customers Time Since 1999!

Month of Meals DBA

Walk-in & Shop Tuesday-Friday 10am-6pm | Saturday 9am-1pm | Closed Sunday

Savory Moment Fact Sheet

Savory Moment (*formerly Month of Meals*) offers busy families, professionals, and seniors ready-made meals that are easy to reheat in the oven or microwave in minutes. Dishes include entrees, sides, desserts, kid favorites, appetizers and large sizes perfect for entertaining. Savory Moment also offers vegetarian, low fat, low calorie, diet count calculation, and now gluten free choices.

- Year Started:** 1999
Owners: Kay and Brent Conley
Product: Gourmet, chef prepared frozen meals
Employees: 5 full time / 5 part-time
Location: 18005 NE 68th Street Suite A-115, Redmond, WA 98052 (*on the corner of Redmond Way and NE 68th Street*)
Online Order Pick-up and Shopping Hours: Tuesday-Friday 9:00-6:00; Saturday 9:00-1:00
Delivery: Delivery is available throughout Washington State
• Home delivery - \$25.00
• Free Business delivery (special arrangements only)
Yearly Revenues: Exceeds \$800,000
Average Monthly Meal Production: 12,000-15,000
Facility: 5,000 sq foot commercial kitchen and retail store front
Average Entrée Cost: \$6.95 per serving
Average Side Dish Cost: \$2.00 per serving
Average Dessert Cost: \$3.95 per serving

The first Ready Made Chef Prepared meal provider of its kind, Savory Moment is pleased to introduce gluten free pizza, meat entrees, pasta and more. Beginning in April, they will carry a line of gluten free bakery items from Bavaria Mills as well as an exclusive line of specialty pastas. The Savory Moment staff is receiving training from the National Foundation for Celiac Awareness (NFCA) to develop their gluten free program.

The average cost for Savory Moment chef prepared entrees is \$6.95 and \$2.00 for a side dish – an affordable alternative to restaurant dining. Hormone free beef and pork and NW raised chicken are more costly at the grocery store so many customers find Savory Moment meals are even less expensive than purchasing the individual ingredients to cook at home themselves.

Kay Conley Pioneers Industry

Articles published across the country credit Conley for creating a business that led to the start of the meal prep industry. "Back in 1999, Kay Conley correctly identified a trend", said Bert Vermeulen, a consultant to the meal prep industry. "Having a nutritious homemade meal is something that families desperately wanted, but many no longer had the time and ambition to make from scratch. She has been a pioneer in a field that has grown dramatically since the time when she first started the idea."

Kay Conley received her formal training at Le Cordon Bleu, Paris, France in 1985. She volunteers with Kirkland Interfaith Transitions in Housing and spends time mentoring other small business owners. Conley received her BA from the University of Texas, Arlington in 1990 and spent seven years as a food broker before starting Savory Moment.

www.SavoryMoment.com

425.867.1516 • 18005 NE 68th Street Suite A-115 • Redmond, WA 98052 • Located next to Pomegranate Bistro



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Customer Testimonials

People who have tried Savory Moment say it best.

I've been a Savory Moment customer for over four years now, and the quality of the food, reasonable prices, convenience and friendly service keep me coming back. As a small business owner and single person, I can't imagine trying to prepare this level of delicious, nutritious food on a regular basis for myself - it would never happen! Thanks so much Kay!

Brent Elkins
Director
Virtuoso Music

Savory Moment has saved us a ton of money and time while enhancing our health and dining enjoyment. Prior to Savory Moment, our family ate out at least 5 times a week. Everyone was too tired at the end of work, school, sports, homework, volunteer meetings, and commutes to cook. Savory Moment meals are significantly cheaper than restaurant meals and much healthier.

The quality and variety of the food is top notch. Picky teenagers love it, so be sure to buy enough to allow you to have a chance to try your favorites, or it will be gone!

Lunches for work and school were a significant drain on the budget. Since Savory Moment, we always have a tasty, easy to grab, heat and eat option ready to go. My co-workers are always commenting on how good the food smells and several of them order from Savory Moment now too.

Thanks,
Pam Kruse

"We love having these gourmet Chef prepared meals delivered to our home or ski chalet in the winter and to the boat in the summer. I am astounded by the personal care, terrific menu choices and the layers of flavor in every meal. Amid all the sleek coolness that is Savory Moment (online ordering and appointment scheduling and additional choices at check-out), it's the delivery of delicious, chef prepared, ready made meals to my door that has made me a Savory Moment customer for years," said A J of Redmond, WA.

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