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Check Out of **check-outs**

Opting for direct-to-home food delivery could be a **time-saver**

It's rare to meet someone who genuinely enjoys grocery shopping, especially during busy weekends in crowded stores. What if you could eliminate most of your shopping trips while eating healthier and saving money?

Cashie Proctor, a nurse with a family of five, has been using a service called Guaranteed Foods for a little over a year with no complaints.

"I just love the convenience of it," Proctor says.

Dinners are usually quick, especially with her kids' involvement in sports. This service makes it easier to feed even her pickiest eaters on the go without worrying they aren't getting adequate nutrition.

Guaranteed Foods Inc. is a direct-to-home food service company. A food counselor visits your home to answer questions, learn your eating habits

and current food budget and help you customize a plan to fit your specific, individual needs.

The company provides a freezer for lease or purchase designed to keep its foods fresh at a specific temperature, maintenance included.

"It's user-friendly, fast, convenient and affordable," Proctor says. She likes being able to scan the QR code on each individual product with her iPhone so ingredients, cooking instructions etc., instantly pop up on the screen. If she decides she doesn't like one of its products, the company will replace it with a food she does like.

"I can't think of anything negative," she says, adding that she simply isn't at the store as often, wasting food or time in long lines.

Every time Proctor posts a new picture of her food delivery to Facebook, someone inquires about it. She's happy to enlighten her friends each time.

Megan Morton manages her own small business while raising a family of five, so Guaranteed Foods fits in perfectly with her busy lifestyle, too.

"My favorite perk is just simply taking the guesswork out of meal planning," Morton says. "By ordering my main entree and some side items I'm able to go to my freezer in my home and grab different combinations out. It makes meal planning easier and I'm at the store less because I'm not buying every item there."



PRODUCT LIST:

- | | |
|--------------------------|-------------------------|
| All-natural poultry | All-natural veggies |
| Specialty poultry | All-natural fruits |
| All-natural pork | Specialty side dishes |
| Specialty pork | Quick & easy appetizers |
| Specialty ham | Just desserts |
| All-natural beef | Five-minute breakfasts |
| Specialty beef cuts | Breakfast meats |
| All-time grill favorites | Breads & pastries |
| All-natural seafood | Whole grain products |
| Specialty seafood | |
| Family favorites | |
| Italian & pasta | |
| Potatoes | |

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