

## *Business Profile*

# Hey, What's Cooking?

Lots... at Courage Foods!

The greeting in the front bay window says it all. Placed carefully is an array of foods, a window of time, things familiar and welcoming mixed with past memories as simple as an antique chair.

Hardwood floors welcome you, the grain and direction leading inward to a place within the realm. Courage Foods. A love of traditional comfort recipes, whole ingredients and an exacting measurement of new recipes, introduced only when deemed 'perfect' by the staff is an enduring quality of the perseverance of a time honoured and cherished tradition. Welcome to the sights, sounds and smells of your childhood at Grandma's, your last best dinner invitation or the way you want to invite guests to your home but have no time to cook within the confines of your busy lifestyle.

Breathe, smell and get comfortable. The appetizer in the store at first glance, is the freshest and best produce carefully purchased for your every need. Take two steps and be greeted by antique tables and benches offering up breads, croissants and loaves laid with pumpkin, bananas and all forms of sweet and savory treats. Your next step finds you at the counter offering not only a visual into the open kitchen but a feast for the eyes as you drool over the possibilities of delicious sandwiches, salads, brownies, sticky buns and the forever sold out sausage rolls! A community of grateful and diehard customers are always present near the kitchen. Single? Take nutritious homemade containers of good food home - families, stop in for 'mom just made it' slivers of savory home cooked meals. Really smart busy people arrive to have large containers filled with contents that no one would ever imagine were store bought for that special dinner party.

Behind all the sweet and savory delights is an amazing group of people. These people are as dedicated to you as they are to the development of the Kingston Road Community.

The tradition began in 1889 at the Royal Oak Pub, Aberdeen Scotland. The Courage family ran a tight and tidily successful catered business, pub and reception hall. Cleaning, prepping and cooking to make your day, week, or dinner party that much easier with down home, tried and true recipes from the heart, tradition and trends. To this day the direct descendants operate a space filled with the smells, bustle and nostalgia of something happily successful. Good things come to good people. Transcending in location and time from Scotland to Kingston Road you will find the owners Karen and her husband Jim, hand in hand or pot to pot with Regan and husband John, four determined individuals complemented by full time staff member Betty who has been at the front counter since the beginning. Assisted by their sons and daughters, this group of people smile with pride as they stir the pots, package the orders and send you on your way with a smile of satisfaction It takes a village to raise a child. It takes 'COURAGE' to enhance a community!

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**Submitted by Jillinda Greene**

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