



SAVORY FARE

NOURISHING YOU WITH MEALS THAT DELIGHT

Heating Up



This Week's News

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Good morning,

The days are heating up as we head into summer. And you've been warming our hearts with weekly selections of the EAT WELL, DO GOOD item on our website. For only \$8, you ensure a delicious meal for a Rhode Islander in need.

This is the last week to order from the Early Summer Menu! Order now through **Friday, June 26**, for delivery on **Wednesday, July 1**. Don't hesitate to contact us during the weekend, though. There are always frozen items that are available. Place your order online at savoryfareinc.com, email us at mary@savoryfareinc.com, or call 401-454-4955.

You can help [Nourish Our Neighbors](#) through the “Buy a Meal, Give a Meal” part of Hope & Main’s program. If you’d like to contribute through Savory Fare, \$8 will provide a senior in need with a delicious and nutritious meal. Our food goes to other groups as well: families, women and children seeking protection from domestic violence under the care of the Women’s Resource Center, and differently abled adults in a group home managed by L.I.F.E., Inc.

To order online, select the item EAT WELL, DO GOOD from the Order dropdown on our website at www.savoryfareinc.com. If you order by phone or email, let Mary or Annette know that you’d like to help!

[When It’s Hot, What’s Good to Eat?](#)

Sometimes, hot weather and warm, spicy food go together! Before the week ends, be sure to order your favorite “hot” dish from the Early Summer Menu! If you haven’t tried [Shrimp Scorpio](#), join the crowd singing its praises. [Paprika Chicken](#) is another eye-opener! You won’t need a reminder to add a tall glass of water to your meal — stay well hydrated!



[What’s Cool on the Coming Summer Menu?](#) [... Not one, but two cold summer soups!](#)

Carrots Calling: Be cool with this c-c-cold c-c-carrot soup, flavored with c-c-cumin, c-c-coriander, c-c-cayenne!! Read aloud fast three times and c-c-carry on!

Classic Summer Salads: Eaten cold!

Sweet and Salty: If you're craving both the salty and sweet these days, we've got them in one Sweet Treat.

[Centuriate Orders](#)

Here's what another client had to say, after having ordered from us more than a hundred times:

"I don't know what I would do without Savory Fare. I can't cook. It's really made a big difference because I couldn't get along without it."

"I enjoy the food very much. I'm very happy with Savory Fare."

If you think you may have achieved centuriate orders, just ask: We'll let you know. We would love to hear from you and share your Savory Fare story. Thank you for *centupling* our delight in serving you!

[Refer Us and Earn 10% Off Your Next Order!](#)

Let your family, friends, and neighbors know about our convenient and safe way to get delicious food delivered to your home.

How does it work?

- Refer us. Let us know the person's name so we can look out for their order.
- When that person orders, we will let you know that you will be given 10% off on your next order. You'll receive a confirmation email.

Eat well, do good, stay hydrated,

Mary and the Savory Fare Team

[Resources for Seniors in Rhode Island](#)



Find valuable resources for seniors in Rhode Island on one website:

RIElderInfo.com.



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