

# SAVORY FARE

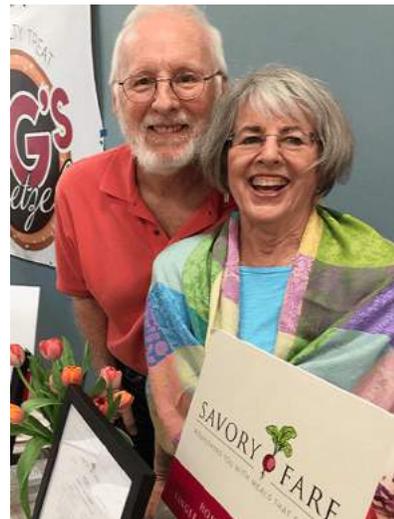
NOURISHING YOU WITH MEALS THAT DELIGHT

## Leaping Ahead



### This Week's News

- [Memories and Anticipation in a Leap Year](#)
- [Pot Luck!](#)
- [15% Off!](#)
- [Events](#)



Happy Leap Day!

February 29! An extra day in the year feels like a gift, doesn't it?

### [Memories and Anticipation in a Leap Year](#)

At Savory Fare, we're reflecting fondly on the three years behind us as a home meal delivery service — nourishing you with meals that delight! It's fitting to celebrate our 3 years during Leap Year, as we leap ahead in search of new ways to find and delight people who benefit from delicious food delivered to their door.

First and foremost, Savory Fare is founder and owner Mary Wise Hughes. Mary's delight has always been to prepare and serve good food for others.

After working as a nutritionist during her thirties, Mary concentrated on home and cooking while raising her son. Out of her experience of cooking at home grew the desire to start a catering business, to help busy working people who could not always take the time to cook.

As she approached her seventies, Mary knew she wanted to continue following her passion, and she saw a way to contribute to the well-being of one group in particular: older people who want to continue living at home, like herself and her husband, Kevin.

Savory Fare is now helping that group and others who appreciate help with meals, whether on a regular, temporary, or occasional basis. People who are out of rehab and recovering at home have found our home delivered food invaluable. Parents of new babies enjoy the break from shopping, food preparation, and cleanup. More time for sleeping! as the baby allows, at least.

Mary understands the importance of food as part of a life well lived. Skimping on a good diet by eating less or not in the healthiest way can decrease your energy and focus as well as undermine your health. A good diet is not a luxury but a sensible way to live, fueling you with health and happiness to make the most of each day!

Delicious home delivered food also gives you the gift of time, whether to rest and recover, spend more time visiting grandchildren, visit a museum or go on a nature walk.

### ***What is Savory Fare?***

Nourishing food, made from scratch, delivered to your door

Seasonal dishes and traditional favorites

A neighborly voice on the phone

A smile with the delivery

Order from the Late Winter Menu now through **Friday, March 6**, for delivery on **Wednesday, March 11**. If you forget to order by Friday, contact us anyway. There is always frozen food that is available. Place your order online at [savoryfareinc.com](http://savoryfareinc.com), email us at [Mary@savoryfareinc.com](mailto:Mary@savoryfareinc.com), or call 401-454-4955.

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### [Pot Luck!](#)



Enjoy [Pot Roast with Mushrooms and Red Wine](#). The beef is simmered in broth until tender with red wine, onions, garlic, carrots, and mushrooms. Add [Savory Fare Mashed Potatoes](#) and one of our fresh vegetable dishes, maybe [Green Beans with Almonds](#)?

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### [15% Off!](#)

[Turkey Patty with Mushroom Gravy](#)  
[Deviled Pork Chop](#)  
[Chocolate Gingerbread Cookies](#)

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### [Events](#)

#### **A Birthday Party**

[Hope & Main's Meet Your Maker](#)

691 Main St., Warren

**Sunday, March 15**, 10:00 AM to 2:00 PM

Don't miss the party! And here's the schedule:

10:00 Opening at Meet Your Maker market

11:00 Cooking demo (frittata with spring vegetables)

12:00 Singing, cake, merriment

1:00 Cooking demo (carrot soup)

room! Browse through our menu, taste samples of favorite dishes, chat with us, try out our website, grab a raffle ticket for a chance to win a gift certificate!

Bring a friend or neighbor who would like our food! Your mom or auntie?



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### Secrets in the Kitchen

is hosting

[An Affair to Remember](#)

featuring The Rat Pack

Hope & Main

691 Main St., Warren

**Saturday, March 28, 5:00 PM-10:00 PM**

Mary and Tatiana will be serving up tasty meatballs and staying to enjoy the show.

With warm wishes,

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](http://RIElderInfo.com).



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