

To Whom It May Concern:

I was first introduced to 'Silver Palate' early in 2007, when I was invited to an 'Open House' by President and Owner Christine O'Brien at her home in Barrie, Ontario.

The overall presentation of food, quality, variety, including a 'sweet tray', was truly amazing. When I had the chance to question Christine on various meal preparations, I explained to her that I had a daughter who had many food intolerances, as well as allergies to products; that I constantly read labels and needed to prepare meals separate to ours in order to assist my daughter in consuming a healthy diet to accommodate her situation. Christine showed a keen interest and asked if she could review the list of intolerances/allergies, and she wanted to experiment around the problem.

After about a two week program, 'Silver Palate' came up with a variety of meals, individually prepared for one person. Christine experimented with substitutes to see how the consistency held up; for example, to avoid wheat products, and to substitute with rice products, and a number of other items that would be difficult finding in 'regular' store bought food, so that all bases would be covered.

It then became a regular routine. Christine would prepare a weeks' food at a time, and would then introduce many other items, somewhat like a 'test kitchen' – she never failed.

Last fall my family was invited to her graduating class from culinary school in Barrie, and Christine was asked to be 'head chef' to oversee all meals prepared from the set menu, as to their nutritional value, quality, and preparation. In my opinion, Christine came through with flying colours.

Christine is entrepreneurial in her own right, and I wish her the very best. Bon Appetit!

Sincerely,

Elizabeth Mollet
Toronto, ON