



# North Columbia Environmental Society Green Business Award

## **Kendra Powell's Mountain Meals**

[www.mountainmealsrevy.com](http://www.mountainmealsrevy.com)

We are breaking with tradition this week and giving a green business award to a business that is just about to open. Kendra Powell's Mountain Meals is making the leap into the commercial world with green business choices at the forefront of her new business plan.

### **Tell us a bit about yourself and your new business:**

Mountain Meals was derived out of necessity as much as it was my passion for food. There was nowhere to get a good sausage roll on a regular basis and I love sausage rolls! As well, my favourite thing in the world to cook (and eat) is comfort food. Mac and cheese, spaghetti with meat balls, stew, perogies! And it can only be comfort food if it is made from scratch with love. So I noticed this gaping hole in Revelstoke food options and have created a way to fill it.

Up until last year I had been making my living working as a chef in a number of back country ski lodges. For a few years, in between lodge work I ran a small business called Exquisite Tastes making desserts for different restaurants in town and I had a table at the farmer's market. I was still going out of town for work, having to be away from my friends, pets and home. With Mountain Meals I not only get to be in Revelstoke full time but I get the opportunity to be an active part of a community I have loved for many years, lucky me!

### **Tell us about the green business choices you have made:**

Because Mountain Meals is less of a restaurant (although there will be a few stools to munch at) and more of a pick up place, I had to consider my packaging carefully. There is a lot of information out there, a lot of catch phrases and marketing. A lot of "green" products that ease the conscience but really don't make a lot of sense. So I went back to the basics- reuse, reduce, recycle. The reason reuse is the first word in this well known mantra is because it is the most practical, the most environmentally friendly. And this train of thought led me to mason jars. People don't throw out mason jars, they give them to thrift stores, use them in their homes, save them for their neighbour who in exchange makes them strawberry jam every year. They are a great portion size, and I have been having a good time finding different meals that work in mason jars, I have even experimented with some luscious desserts like sticky toffee pudding and crème caramel (both turned out excellent). There will be a deposit that can be recuperated for store credit. Other than mason jars, the hot lunch specials will be served in cardboard, and the frozen dinners will be served in tin that can go in the oven. Both of these are recyclable.

Another step I have made in trying to create the kind of place I can be proud of is sourcing out local suppliers. I have found chicken and buffalo meat (Blayberry), some of the most beautiful cheese (Agassi) I have ever tried, and of course veggies from Wild Flight Farm (Mara). This process has allowed me to meet so many people who do their thing on a small scale with passion and integrity. It has been such a pleasure to see just what this diverse province is capable of. Being 100% local or 100% green is not a practical goal, some things you just can't get locally. I do believe that by doing my best to eat locally, being aware of the miles on food, and eating with the season will be a natural and obvious step. I think it is my job as a chef to be creative with the ingredients that are available to me, so I don't see eating locally as a chore, but a creative challenge!

### **Future green plans?**

I am hoping that after I am open people who are creating local goods will source me out. I would love to have more locally produced items at Mountain Meals. I am looking forward to learning more about where the food I am getting comes from, how far it had to travel to get to me and how I can reduce that distance. I am also looking forward to meeting more people doing what they can to operate an environmentally aware business and to see what other choices I can make to be more aware myself. I am excited to start a compost plan for Mountain Meals, figure out a good system that is simple and bear aware, perhaps getting the community involved as well as other businesses. This is a learning process for me; it is fun and challenging as well as important and necessary. We all have a lot of choices to make everyday in our lives, I want to make the right choice the easy choice, and the most delicious choice!

Mountain Meals will be located at 311 Fist Street West, that's located in the nice new Silver Bear building, next to the Revelstoke Museum. Powell expects opening day to be in early to mid March.