Meet Andrea George of Rapid Gourmet

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Today we'd like to introduce you to Andrea George.

Thanks for sharing your story with us Andrea. So, let's start at the beginning and we can move on from there.

I was inspired by my father, who lived to 101 and three months and was very healthy for most of his life. I realize that the words " you are what you eat" was more that a saying. With the current healthcare crisis and the poor eating habits of many today, I realize this could be my contribution, bringing good, clean, healthy foods to communities. My father was well as many of in his area lived into their 90s and beyond talking very few prescription drugs. It was not a way of life as we have come to accept today. One of the things I realized is that they ate clean wholesome foods daily. I created Rapid Gourmet to help capture more clean, healthy, wholesome and delicious foods in our diets. Today, Rapid Gourmet offers a line of gourmet products, catering, meal prep and grab and go meals.

Has it been a smooth road?

No, it has not been all smooth. When you enter the entrepreneur space, it is a world-class juggling act and a fight not to be totally consumed. It can be a 7-day a week grind and you have to fight, fight for some balance and a life. You have to fight for opportunity, who will give you a chance? You will need to learn that not all opportunities are good opportunities. You will learn some very important lessons – for example, you cannot be so focused on creating great products and not spent enough time on who will by them.

It is easy to rack up expenses and more challenging to store income. You learn the value of knowing your numbers and having systems in place to let you know where you are. You will learn that you will have to pivot. COVID -19 has created the biggest need for us all to pivot in order to survive.

So, as you know, we're impressed with Rapid Gourmet – tell our readers more, for example what you're most proud of as a company and what sets you apart from others.

Rapid Gourmet's founder, Andrea George, took her love of cooking and creating and well as her experience as a business instructor and trainer, to manifest Rapid Gourmet into being. Ms. George grew up in the Caribbean, where many of the elders lived into their 90s and beyond. As a matter of fact, her father lived to 101 years of age and remained in very good health for most of his life. A big part of the culture was to eat natural foods that were fresh and locally grown. "You are what you eat" was put into practice on a daily base. Ms. George comes from a family of cooks and teachers and through Rapid Gourmet, she has had the opportunity to create, teach and support others who want to engage in delicious and healthy eating. Rapid Gourmet allows individuals to have fun at home or with others in a social setting. Gourmet tastings, which are regularly offered, allows you to wake up your taste buds and breathe new life into your culinary experiences. Andrea lives east of Atlanta, Georgia, and continues to teach and train and pursue entrepreneurial projects.

Rapid Gourmet was created to fill several needs in the marketplace. These would include:
• Provide natural and wholesome foods • Provide gift baskets and gift packs • Provide catering and special events services
• Provide Meal Prep • Provide gourmet quality foods in a minimum amount of time • Highlight the healing powers of natural foods
• Educate about the importance of healthy eating

Let's touch on your thoughts about our city – what do you like the most and least?

It's diversity and growth. Congestion and traffic.