



PRESS RELEASE

1st DECEMBER 2019

The Balanced Food Co and Food First to merge before Christmas

Contract catering disruptors, The Balanced Food Co and Food First, are merging their businesses and backing a new team to create a spectacular new offering for progressive-thinking clients.

Ian Summers of the Balanced Food Co, and Mark McCann, from Food First, have agreed to build upon their success and merge their businesses from December 2019. The new business, trading as The Balanced Food Co, has been founded with meaningful food and people values; with a balanced approach to good food and nutrition to deliver sustainable lifestyle benefits to its clients and their customers.

Ian says: "We are excited to be disrupting the foodservice marketplace by offering new concepts which reflect many clients desire to improve wellbeing for their employees. The marketplace has been the same for too long. We believe it is time for some new thinking"

The Balanced Food Co will be targeting progressive-thinking clients in Business and Industry, and Independent Education, who understand the benefits nutritious food has on the wellbeing of its employees or pupils. They will offer something different in a crowded marketplace looking to widen its customer base in London and the South.

Mark says: "It's exciting times for our new business. Prospective clients and many consultants have been looking for a new company with new ideas. Enquiries have been very strong and 2020 is looking very positive"

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To learn more about this merger, please contact:

Ian Summers

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Mark McCann

Mark has built an impressive track record in hospitality management for over 30 years working both in the UK and globally. During his Chef career he has worked for Raymond Blanc, Guy Savoy in Paris, Roger Verge and was Chef for King Hussein. Mark was also Contract Catering Chef of the year in 1996 and was an Olympic gold medallist and team captain at the culinary Olympics in 1998.

He was also culinary director at Restaurant Associates and has held senior executive roles in Sutcliffe Catering, Compass Group, Bartlett Mitchell and Catermasters. Mark created Food First in 2017 and operates contracts in London and the South West.

Ian Summers

Craft trained as a chef in some of Europe's finest hotels and restaurants including The Savoy, Maxim's de Paris and The Royal Crescent in Bath, Ian has subsequently worked and held senior management positions and directorships in operations, sales and marketing both in the UK and Internationally for corporate and independently owned contract catering businesses. More recently Ian was part of the management team who set up Graysons Restaurants.



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Ian created The Balanced Food Co in 2018. The company has five contracts in London and the South.