



# Healthy Now

MEAL PREP • JUICES • CATERING

**HealthyNow can fuel your team for SUCCESS at the Newmarket Silver Stick!**

We are experts in delivering healthy, delicious catering to hockey teams and families before games, post game, and between games. Our clients include:



Check out Gold Medal winning hockey star Brianne Jenner's endorsement of HealthyNow: <https://youtu.be/rLJ8l6q4rKw>

Avoid crowded restaurants, delayed service and menus not designed for athletes. Save time & money, reduces stress and have more team time!

We can deliver to your team at your hotel or at the arena:

**Grilled Chicken Parmesan, or Turkey Bolognese on Whole Wheat Penne, either with side salad @ \$20.00 per person individually packed, or \$18 per person buffet style, PERFECT to fuel your team before BIG games or after a GREAT win**

And/Or

**Grilled Chicken Wraps with Fresh Fruit Bowl on the side @ \$17.50 per person in 'to go' packaging – PERFECT for refueling between games**

Check us out online at [www.HealthyNow.ca/athletes](http://www.HealthyNow.ca/athletes), at [www.facebook.com/HealthyNow40](https://www.facebook.com/HealthyNow40), or at [www.instagram.com/HealthyNow\\_40](https://www.instagram.com/HealthyNow_40).

**To order or for more info contact  
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