

GotMeals: New Haven Company Aims To Make Healthful Eating Easy



By **CARA ROSNER**

SEPTEMBER 24, 2016, 3:47 PM

Maria LoRizzo, owner of GotMeals, aims to bring nutritious, ready-to-eat food to everyone. The New Haven company sells refrigerated, single-serving pouches of foods that have been pressure cooked. Six 3.5-ounce pouches typically sell for \$29.95 and can be found at several Connecticut retailers and at the website. They can be eaten as is or mixed into recipes.

What inspired GotMeals?

I began as a social worker. I knew I couldn't be a benefit to people holistically because of their diet. No matter how much I treated them emotionally or mentally, [they were hampered by] their diet. They were sick, and it bothered me. Sound, good health — mentally, emotionally and physically — comes from a diet where your cells are delivered the vitamins, minerals and amino acids they need.

Why pouches?

These pouches are not only convenient but they are [lightweight and can be] transported anywhere. They are able to be delivered to fill an immediate need.

What prevents people from eating healthfully?

Not knowing how to cook and not having any time. People really don't know what to do to make healthy food. Food in our pouches is pressure cooked, which is the finest, best, maximum way to preserve the vitamins and minerals.

What's your favorite GotMeals?

They really all are.

Got meal options include Fire Steamed Brussel Sprouts; Ginger Carrot and Butter Mushrooms; and Candy Chicken, Broccoli and Yam, among others. Visit gotmeals.com.

Copyright © 2017, Hartford Courant