



FTC Kitchen Healthcare Catering Service

NOURISHMENT FOR RECOVERY

"We need a vegan! And we need a gluten-free meal!" Mary Carter's voice carries to every corner of her bustling San Juan Capistrano kitchen. A flurry of cooks move through the space in quick, but graceful movements, while the most delightful aromas waft outside. Another team swiftly scoops hot food into takeout-style containers, snapped shut, stacked, and loaded into waiting vans with mesmerizing speed. No, this isn't a new cooking show; it's your average weekday morning at FTC Kitchen, a top supplier of delicious, healthy meals to over 900 group home residents from Los Angeles to San Diego.

For Mary, cooking for people in recovery isn't just a job; it's a passion. Before founding FTC Kitchen with her husband Bruce in 2008, she was an educator in the food packaging industry. When a friend in the rehab/treatment business

needed assistance with meals to a group home client, she saw firsthand how the residents were eating. Locations were serving pizzas and fast food, day after day. Mary immediately realized the need for a nutritional, cost-effective, and convenient meal service provider that would benefit both clients and staff. "These residents really need something healthy, cooked, and fresh," she shares. "Clients are trying to change their lives and you can't do that on Pop-Tarts and fast food."

Inspired to fill the obvious void, Mary began preparing and delivering healthy meals, while learning to accommodate the unique needs of group homes in Southern California. Her work ethic, integrity, and desire to give back to the local community have allowed her to expand business rapidly. Today, her service provides nourishment to dozens of facilities and allows operators to focus more on the treatment and recovery process. "We make it easy, and we make it affordable. And every meal comes from the heart," she says.

BY VICTORIA KERTZ



Interested in Franchising

Entrepreneurs interested in a rapid growth franchise at a minimal investment can learn more at ftckitchen.com/franchise.

FTC Kitchen creates delicious meals that make you feel good and comfort your soul. Each meal is prepared fresh, nutritionally balanced, and tailored to individual needs. They offer a variety of cost-effective menus designed to fit a range of dietary needs within this industry, plus festive food for group home holidays and special in-house events.

Mary adds that FTC Kitchen also offers ordering flexibility as occupancy may vary dramatically from day to day. "We're here for the clients," Mary says, "and we understand what a group home needs."

If you operate or manage a group home and would like to sample FTC Kitchen's menu offerings, Mary and her team welcome the opportunity to schedule a consultation and complimentary tasting. They are proud to deliver fresh meals throughout Los Angeles, Orange, and San Diego counties.

Bruce and Mary's understanding and knowledge, established over 14 years of hands-on experience, has inspired FTC Kitchen to launch franchise opportunities in 2022. With a trusted brand and the resources to train new franchise owners across the country, the business model can be easily scaled to reach residents nationwide. "As of today, there are over 23 million people in recovery," Mary says. "Our one kitchen can only serve a fraction of them. Food is the one thing that keeps us together." The first franchises will open soon in Georgia, Massachusetts, Texas, Arizona, and Orange County.

Mary's mission is to replicate the efforts of her San Juan Capistrano team from coast to coast. She wants prospective franchisees to understand that it's not only a highly profitable business, but one that's also gratifying. "We started with very little and built our company month by month and year by year, and it has truly flourished. We love what we do!"



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