



THE FOOD STORK

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THE MATERNITY CHEF

Do you remember the days when grocery shopping was fun - when you could take your time walking down the aisles, choosing the ripest avocado and planning your meals ahead of time? Remember when cooking dinners was a relaxing, peaceful time? I don't know about you, but with three kids running around the kitchen pulling on my legs and tugging on my patience, I can barely scramble eggs without having a mental breakdown. Enter the [Food Stork - the maternity chef](#).

The Food Stork is a UK company which delivers fresh and delicious made-from-scratch food directly to the home. The service was originally designed for new mums to help maintain a healthy and well-balanced diet after childbirth... but it's been 10 months since my baby was born and I still think the Food Stork is quite handy (obviously not for every meal, but it is nice to have some options in the freezer).

All the Food Stork meals are freshly prepared and ready to heat up, or can be stored in the freezer to eat later. They also offer a good selection of [kid's meals](#), all salt and additive free. And delicious [cakes and biscuits](#) too!

-Courtney

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