

Dear Health Grub Friends and Family,

We wanted to expound on a few things that we didn't have room to include in the letter that you should have received on Monday (check the website for it, if you did not). Hoping to pass along a bit of holiday cheer, we wanted to make sure that we announced another exciting change coming in January...a Pre-Pay Discount!!

The discount works like this: Purchase 4 entrees each week and pay at least 4 consecutive weeks in advance, by cash or check only, and receive the Pre-Pay Discount.

\$0.50 off each Small meal

\$1.00 off each Large meal

\$1.50 off each X-Large meal

\$2.00 off each Family meal

\*discount is forfeited for remainder of pre-paid period if any weeks are missed\*

Also, for any of you wishing to avoid the delivery charge, we will begin offering a free pickup location in Normal Heights! Just let us know in advance that is the option you want, and we will have your meals ready for pickup at 4784 Hawley Blvd. #2 (92116) between 6:30 and 8:00pm from Karen after her normal delivery route.

And lastly, we want to thank all of you for your overwhelming support for all of the new changes we are introducing. As we know most of you, especially our long-time clients, understand it was an extremely difficult decision for us to introduce a price change. It was something we have fought against, having never raised them since beginning. Despite high increases in food costs and gas prices, we cared so strongly for our passion of bringing health into peoples' lives, that we didn't want to be out of anyone's reach. Unfortunately, you can't maintain a business that way, and it almost led us to close our doors. So it means a lot to have your support so that we may continue doing what we love!

We'd be more than happy to personally answer any questions regarding any of the above, or any of the changes addressed in Monday's letter. Just let us know!

In good health,

Chef Mark and crew