



## CALVERT COUNTY DEPARTMENT OF ECONOMIC DEVELOPMENT

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# News Release

### FOR IMMEDIATE RELEASE

**Date:** | September 30, 2008

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### Super Suppers Comes to Prince Frederick, Md.

**PRINCE FREDERICK, Md. – September 30, 2008** – There is hope for harried homeowners and frenetic families longing for home-cooked meals with grab-and-go ease. Super Suppers is open in Prince Frederick and ready to supply a full menu of prepared “take and bake” meals offering culinary convenience.

Proprietors Belinda Billman and Pam Kreppel opened Super Suppers in March and are holding a ribbon-cutting and grand opening ceremony October 7 at 2:30 p.m. with the Calvert County Board of County Commissioners and other guests. To celebrate their grand opening, the Super Suppers of Prince Frederick menu will include six recipes customized from *Every Day with Rachael Ray* magazine. During the month of October, with each purchase of an *Every Day with Rachael Ray* recipe, customers will also receive a copy of *Every Day with Rachael Ray* magazine and a gift bag – one per customer, while supplies last. The gift bags include Uncle Ben’s samples and recipe cards, Nestle Toll House recipe cards, Aveeno beauty samples, and Maxwell House coffee.

Convenience is the key to Super Suppers. The store, part of a national franchise, offers a selection of entrees, side dishes and desserts that can be cooked in as little as 20 minutes. Twelve different entrees and other dishes are available from a menu that changes monthly. All the ingredients are ready to assemble, freeing cooks from chores such as chopping onions and dicing tomatoes.

Customers follow simple instructions to make the easy-to-prepare recipes. The meals are then taken home for dinner that night or stored in the freezer to be enjoyed later. Super Suppers of Prince Frederick also offers these hand-prepared entrees in the Grab n’ Go freezers stocked with prepared entrees, sides and desserts, as well as fast, convenient call-ahead service.

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**Super Suppers Comes to Prince Frederick, Md.**

**September 30, 2008**

**Page 2**

Belinda Billman and Pam Kreppel are both moms who started the business after sampling similar “meal assembly” services. “People have so many things to balance in their lives – school, sports, work ... We shorten the time span for making a great meal so they have time for other responsibilities.” Patrons can stop in, choose from the menu and walk out with a ready-made meal; no appointment is necessary. Freedom never tasted so good.

Super Suppers is open Monday through Friday, 10 a.m. - 7 p.m., and the first Saturday of each month, 10 a.m. - 2 p.m. For more information, call 410.535.6004, e-mail [princefrederick@supersuppers.com](mailto:princefrederick@supersuppers.com), or stop by the location across from Calvert Village Shopping Center. Visit online at [www.supersuppers.com](http://www.supersuppers.com).

For more information on the Calvert County, Md., Department of Economic Development and the services available to assist County businesses, call 410.535.4583, 800.331.9771 or 301.855.1880; send an e-mail to [info@ecalvert.com](mailto:info@ecalvert.com), or visit our Web site at [www.ecalvert.com](http://www.ecalvert.com).

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