

**Carol Ann Kates** is the award-winning and best-selling author of three books, *Secret Recipes from the Corner Market*, *Grocery Shopping Secrets*, and *A Proper House*. To date, her books and work have been featured in 25 print publications as well as on radio and television.

A former supermarket and deli operator, food manufacturer, and food columnist, Ms. Kates is an expert in how to shop for, select, and store perishable products.

She's with us today to talk about \_\_\_\_\_.

Please welcome Carol Ann Kates.

I look forward to speaking with you. My phone is 970-669-7903 and my email is [CarolAnn@CarolAnnKates.com](mailto:CarolAnn@CarolAnnKates.com). Based in Colorado, I'm on Mountain time.