

## Healthy Cravings Burger Bus celebrates grand opening



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When Brenda Gray made the decision to permanently close her café in Shelburne, Healthy Cravings Holistic Kitchen, more than a year ago she set out to revamp her business, this time from four walls to four-wheels.

Earlier this month Gray celebrated the official opening of her new food truck ? Healthy Cravings Burger Bus.

?I love it, I love being in the food industry ? it's my passion. To feed people food is so nice, and to see people can appreciate the freshness of the food,? Gray tells the Free Press. ?The challenge is there everyday to try to feed people the best food I can find.?

Gray officially closed her café, Healthy Cravings Holistic Kitchen, which was located in Shelburne's downtown core, in January of 2021 following a number of shutdowns as a result to the pandemic.

?I had to close because there wasn't a lot of people coming out and 80 per cent of my business was Toronto people,? explained Gray.

While working various jobs in restaurants in the Creemore and Orangeville area, Gray began to research food trucks and eventually came across a bus for sale. Buying the bus as an empty shell, she sent it up to Napanee, where it was retrofitted to operate as a food truck.

The Healthy Cravings Burger Bus, located at the corner of Airport Road and County Rd. 21, officially opened on May 6 and celebrated it's grand opening on May 20.

?I love working for myself, being able to source the food, and knowing what everything is about. One of the biggest things that I'm able to do here is give people the freshest local food that they can find,? said Gray. ?Food trucks have come a long way, they're not just burger and fries, my fellow workers are doing some amazing things on food truck right now.?

From hamburgers, pulled pork and poutines to vegetarian options such as falafel and her beloved Buddha bowl, Gray has focused on building Healthy Cravings Burger Bus to be farm-to-table.

?It's all about feeding you body healthy, nutritious, homemade food that our parents and grandparents used to eat, none of this filler,? said Gray. ?I think health comes from eating local, and knowing where your food comes from is the best part of keeping yourself healthy.?

While she does admit that having a food truck with deep fryers comes with the preconception of being ?unhealthy?, Gray notes the importance of balance.

?Yes, fried food is not health but you're not going to eat fried food every day. Holistic is involving every aspect of food, even the most unhealthy in most people's eyes,? said Gray.

Healthy Cravings Burger Bus is open Friday to Sunday from 11 a.m. to 7 p.m.