



PRESS RELEASE

For more information, please contact:

Phil Plumley
Main Street Gourmet
(330) 929-0000

FOR IMMEDIATE RELEASE

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Akron, Ohio

MAIN STREET GOURMET RECEIVES WELLNESS@WORK AWARD

Akron, Ohio – Main Street Gourmet is pleased and honored to be the recipient of the first annual Wellness@Work Award from the Cleveland Museum of Natural History and its partner, the Cleveland Clinic. The awards honor companies that have demonstrated and promoted excellence in workplace wellness and community involvement. Main Street Gourmet was the winner in the 101-250 employee category.

Main Street Gourmet's own Health and Wellness Committee designed and created programs to encourage employees to live a more healthful lifestyle. Employee programs at Main Street Gourmet include a healthy lunch program; guest speakers on fitness and health; exercise equipment for all employees to use, including a bicycle program where employees can check out and ride bicycles before or after work or during breaks; a weekend hiking club, a lunch-time walking club; an annual health fair that includes individual health assessments; free stop smoking seminars and free employee immunization clinics.

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Main Street Gourmet Wellness@Work Award

Main Street Gourmet also has a long history of community involvement including creation of the Road Runner Akron Marathon, Akron General Hospital's Muffins for Mammograms; a "soup-cook off" to benefit the Akron Women's Battered Sheltered; "No Muffin Left Behind" sales to benefit the Akron Canton Regional Foodbank, The Humane Society of Akron, a local soldier wounded in Iraq, The International Institute, United Way of Summit County, the local Court Appointed Special Advocate (CASA) Association and Stewart's Caring Place (a support center for cancer patients and their families).

Many of the above programs have helped improve health and well-being; helped contain health care costs, helped reduce employee absenteeism, helped enhance company productivity and helped improved employee morale and teamwork.

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