

Dinner Rush assembles home meals in a jiffy

Scott Larson

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Kathryn Sadler and Krista Koller-Klimosko think they've found the recipe for success with their new venture, Dinner Rush.

The meal preparation enterprise is the first of its kind in Saskatoon.

Clients come to the store where they assemble meals created by Dinner Rush, then take those dinners home to cook in their kitchens or freeze for later use.

Koller-Klimosko said they read about the concept a couple of years ago, "I wanted it to come here." The store features 12 stations, and each has different recipe that is easy to cook or be frozen.

Clients come to a session where they prepare between five to 12 meals.

"It's like a circuit. You move from station to station," Koller-Klimosko says.

To assemble five meals takes about an hour. For 10 to 12 meals it takes about an hour and a half.

When customers arrive for their session they receive an apron, complimentary drink and snacks before they start.



CREDIT: Photo by Richard Marjan
Krista Koller-Klimosko (left) and Kathryn Sadler recently opened Dinner Rush, a business that helps people prepare meals in a quick, clean environment



CREDIT: by Gord Waldner
Color Bar owners Jill Cook (centre left) and Cara Fitzsimmons (centre right) are surrounded by employees at their new business

"Then we go through how it works," she says.

Each meal consists of an entree and a side dish and feeds four to six people.

"And when you are preparing the meal you can divide it into two servings," Koller-Klimosko says.

Some entrees for February include chicken paprikash, fiesta chicken, apricot- and orange-glazed pork chops and pepper-crusted steak with Worcestershire butter.

Customers can also drop off or e-mail their orders and staff will prepare it for them.

Or you can come to the store where they stock a grab-and-go freezer with pre-made meals.

The store can also be booked for private sessions.

Koller-Klimosko says Dinner Rush helps minimize shopping, prep time and cooking effort.

"And they get to leave the dirty dishes behind." Koller-Klimosko and Sadler, who have been friends since they were 12, travelled to a number of cities in North America where they researched several meal preparation stores before opening their independently owned business.

"We want it to look and feel like someone's dream kitchen," Koller-Klimosko says.

Dinner Rush has a staff of nine, including a chef and holistic nutritionist.

The store is open Tuesday and Wednesday from 9 a.m. to 5 p.m., Thursday and Friday from 9 a.m. to 9 p.m. and Saturdays from 8 a.m. to 5 p.m.

3 DINNER RUSH Owners: Kathryn Sadler and Krista Koller-Klimosko
Address: No. 8 - 527 Nelson Rd.

Telephone: 244-7874 Website: Dinnerrush.ca q q q Salon takes care of details Idle talk while vacationing in Las Vegas has led to the opening of Color Bar by Jill Cook and Cara Fitzsimmons.

"We were just talking about opening up our own shop," Cook says. "It was just a pipe dream, but then we started to think more and more about it." Besides hair styling, Color Bar also offers tanning, manicures, pedicures, waxing, tinting and soon, massage therapy. They also do hair extensions.

Cook and Fitzsimmons worked together at another salon before embarking on this venture.

Cook is a trained stylist and esthetician while Fitzsimmons handles the administrative aspect of the studio.

"We wanted to have a place where people can relax . . . have a treat and coffee," Cook says.

"We want to take care of the little details," adds Fitzsimmons. "It's pampered service." Cook says they also saw a need for a salon in the area (Lakewood Commons off Boychuk Drive).

And being able to start from scratch in a new mall meant they had design input right the start.

"We absolutely love it here," Cook says.

They have a total of nine staff, six of whom are stylists.

"We were lucky enough to have a lot of clients follow us, and we have quite a few new clients as well," Cook says.

Color Bar is having a grand opening the first week in February with a martini party and, hopefully, live music, Cook says.

Color Bar is open Monday to Friday from 9 a.m. to 9 p.m. and Saturday from 9 a.m. to 6 p.m.

3 COLOR BAR Owners: Jill Cook, Debbie Cook, Cara Fitzsimmons Address: Unit B - 411 Herold Ct.

Telephone: 683-2657 If you have purchased, started or moved a small business in Saskatoon within the last few months, let us know by calling 657-6264 or faxing 657-6437, attention Scott Larson. Submissions can also be e-mailed to slarson@sp.canwest.com.

Home-based and temporary businesses, as well as those without physical locations, will not be considered for publication. Businesses must be located in Saskatoon.

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