

# WHY WE STARTED



In the later 90s we watched our courageous nephew Ryan fight through an aggressive form of pediatric cancer - neuroblastoma. He was an inspiration to everyone who knew him.

Years later, we too battled cancer and in our journey back to health we learned a lot about building up our immune systems to help us fight whatever health challenges come our way in the future.

As we grew stronger, our friends and families began to send people to us to help through their various health challenges. GOOD gives us a wider platform to help people take baby steps to better health through nutrient-dense, delicious food and drinks.

Our Courageous Kids Program - in honor of our nephew Ryan - is for children undergoing cancer treatment or who have recently finished treatment. At GOOD, Courageous Kids eat free always! Through our Courageous Caregivers Program, parents can learn how to make nutrient-dense food and juice for their kids at home. Please tell your server if you know a Courageous Kid!

Let us know if you have any specific allergies or dietary restrictions - we will do whatever we can to accommodate them. Also let us know if you have any questions about our food and how to boost your immune system. It is our desire to build a community focused on wellness where we offer workshops and cooking classes for the common good!

*Peter & Veronica Tompkins*

Romans 8:28