

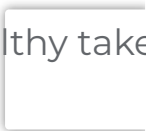


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4 female-run Cape Town-based food businesses to champion in 2019

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Food XX is a movement started by food designers **Studio H**, a team empowering women in the South African food and drinks industry. owned companies, the most effective way to empower women, from family businesses to major career U-turns. Here are 4 of the Cape Town-based food and drinks brands to be excited about right now. From healthy take





economy and creating jobs, most often for other women.

Theonista

Another healthy business opportunity for the list is Theonista. Their 'Your Gut', and that's exactly what founder and brewmistress Meghan she founded the craft beverage company. While their product range ginger beer and rooibos chai, Theonista is best known for its kombucha moved to Cape Town from the States, Meghan couldn't find her fizzes anywhere, which is when she decided to make her own kombucha have led to a variety of flavours made in a microbrewery in Woodstock stockist was Lyndall Maunder, the owner of Clarke's and Hail Pizza a fierce champion of fellow women-run food businesses. Today, Theonista is almost every fridge – it's the Cape Town brand everyone, and their g

FÜDY

Masterchef SA winner, food writer, and host of Girl Eat World, Kami made ordering in much healthier – for you and the planet. FÜDY is a service that's predominantly plant-based (did we mention veganism is on-trend?) She designs the meals which she describes as clean, macro-nutrient weighted. Think basil pesto and pecorino zoodles (with fresh peas and toasted sunflower seeds. The food used is all sourced from local producers, growing even more local businesses. FÜDY is currently available on Uber Eats in Cape Town.

Sugarbird Gin



Cape fynbos gin brand that launched in 2017 has it. The lightly floral rooibos, honeybush, rose geranium, and the Cape Mayflower but the market has a mission that goes beyond great cocktails. With every contribute to programmes that empower entrepreneurs with a focus on people of colour – creating even more opportunities for women to thrive. Good Opportunities.

Leonista

Just outside of Cape Town, the Karoo's harsh environment hold a special gem. Leonista is South Africa's first 100% Karoo agave spirit made in the method used in Mexico to make agave spirits like mezcal. Sarah Keane is behind it all. After experimenting with making her own tequila she went to the source in Mexico to learn from master distillers there. She came back home and found the perfect conditions in the Karoo to grow agave. As a shot raised, she's showing that Cape Town has a lot to offer investors.

We've only touched the surface, there's undoubtedly many more businesses to champion the cause and bringing more women into the economy.

Originally reported by [Stu](#)

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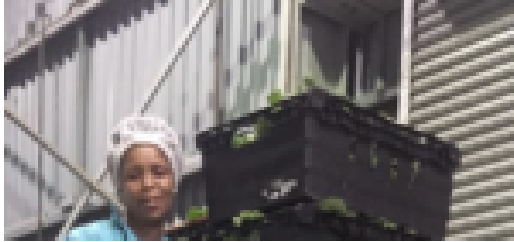
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