



**Well fare:** Table of Plenty owner Kate Weiss' products have a strong emphasis on wellbeing.

# Plenty on Kate's table and she keeps mums about it

## FOOD

Claire Heaney

**KATE** Weiss likes to think of her food products as food you can trust from one mum to another.

As founder of Table of Plenty, Ms Weiss wanted her products to be made from quality, healthy ingredients.

"When people pick up the product they get to know our brand and that it won't have any nasties in it," Ms Weiss said.

Like many mums, the business owes its origins to Ms Weiss's struggle to reconcile the competing needs of her baby and a satisfying job.

But she had an added burden as her first child, Amy, was born prematurely and failed to thrive.

Ms Weiss returned to work when Amy was eight months old but found the going tough and soon quit.

But she felt a sense of cabin fever as she had always been active.

## ACHIEVERS MAKE LIST

TABLE of Plenty's Kate Weiss is a finalist in this year's BrainLink Women of Achievement Award.

The humanitarian award is given for services to the community.

BrainLink is a not-for-profit organisation working to improve the lives of people who have acquired brain injury and their families. These can include people affected by strokes, head injuries, brain tumours and progressive neurological conditions.

The other five finalists are: indigenous actor, mum and artistic director of Ilbejerri Theatre Company Rachael

Maza Long; mother of six, grandmother to 11 and Lighthouse Foundation creator Susan Barton, AM; head of the Department of Physiotherapy at Melbourne University Dr Linda Denehy; social worker supporting women in the sex industry Shirley Woods; and social entrepreneur Heather Barton, AM, who is credited with transforming the lives of teenage girls.

The winner of this year's award will be announced at a fundraising luncheon at Park Hyatt Ballroom on October 17.

**Net link:**  
[www.brainlink.org.au](http://www.brainlink.org.au)

Her initial business, Enspice, selling dukkahs had a limited boutique following but it wasn't until 2006, when the extent of Amy's ill health became clear, that she decided to ramp it up.

Her husband, Tal, joined her in the new Table of Plenty business.

Amy was diagnosed with a rare genetic disorder called Rubinstein-Taybi Syndrome. The condition is characterised by intellectual disability, short stature and slow development of cognitive skills.

"When the penny dropped that we would need extra help with Amy

we decided to build something around our family," she said.

Heavily pregnant with her second child, Ms Weiss began doorknocking supermarkets.

The range includes healthy snacks such as rice cakes, dukkahs, spices, herbs and mueslis.

"We put women and mothers at the heart of our brand through our products, education and community," Ms Weiss said.

She said women looking after themselves and eating well was a platform for their own wellbeing and that of their families.

Although a small business, Ms Weiss said very early on in the process they decided to embrace a philanthropic path.

"Once I got involved in the disability community through Amy I felt there was such a need," she said.

Ms Weiss said work with other organisations such as Yooralla was on the agenda once the business grew.

**Net link:**  
[www.tableofplenty.com.au](http://www.tableofplenty.com.au)