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**Make Food Not War: Feast Your Eyes On A Website For Your Foodie Soul**

*Sumptuous Bites Catering Revamps Website With a New Look, New Blog and New Attitude*

Sumptuous Bites catering company is pleased to announce the launch of its revamped website featuring their new blog *Make Food Not War* on [www.SumptuousBites.com](http://www.SumptuousBites.com).

The site's upgrade offers visitors a warmer tropical feel and further insight into the cuisine that CEO and caterer Nola Ro creates for her clients. Blog categories such as *Sumptuous Soul Recipes*, feature island meals and vegan/vegetarian options with a Caribbean-American twist. For example, simple steps for making a "Jamaican Jerk Wrap" made with buckwheat, chickpeas, sweet potatoes, jerk seasoning and sprouted grain tortillas. *FoodieNation* is a one-stop destination with topics that range from healthy and inexpensive dinner ideas to clever cooking tips and nifty kitchen hacking solutions. For instance, "how to rid hands of a lingering onion odor" or, "how to show a hard to open jar who's the boss." *Nola Knows Best* is a section where Nola personally answers the inquisitive minds of her Sumptuous Bites fans. Inquiries include, *What's an easy and affordable Caribbean dinner that can be made for a significant other?* Also, *how to hire a rockstar caterer with a modest budget*. All entries are sure to keep followers food savvy and entertained.

"The goal was to produce a site that had an inviting energy, visual appeal and just an overall fun vibe," says Nola Ro, CEO and Caterer of Sumptuous Bites. "It's the perfect time for an upgrade as we gear up for our company launch and networking party on June 28th, 2015. It's important that the company continues to brand itself in a way that befits our standards – stylish, shrewd and of course, sumptuous."

"A website upgrading was exactly what the doctor ordered," says Corey Gumbs, Website Consultant/Designer for [Sumptuousbites.com](http://Sumptuousbites.com). He went on to say, "Nola wanted another channel to connect with followers of the company in a way that is user-friendly, customer-centric, and aligned with the company's brand. Most start-ups miss the mark in this area by focusing solely on whether the founder or CEO likes the look and feel of the website. The real question is: will your consumers appreciate it? That's what keeps them coming back. It's what we aimed for with [Sumptuousbites.com](http://Sumptuousbites.com). I'm confident we hit the mark!"

To learn more about Sumptuous Bites and view the site's new additions visit <http://www.sumptuousbites.com>

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**ABOUT NOLA RO & SUMPTUOUS BITES**

Empowerment speaker and caterer Nola Ro, is ready to tantalize the world's taste buds one "sumptuous bite" at a time. Daughter of Guyanese restaurateur, Doris Rodney, Nola inherited her mom's sharp business acumen and passion for exquisite cuisines. A critical turning point for Nola occurred when she was 17 and diagnosed with Polycystic Kidney Disease. Her desire to cook nutritious meals became a top priority. With little experience in this area, Nola diligently researched nutritious cooking and reflected the lessons learned into her diet. Her patience paid off; Nola dramatically turned her health around. Motivated to remain well and realize her childhood dream of being an independent business owner, Nola created *Sumptuous Bites*, a Caribbean-American catering company featuring healthy and organic options. She now helps others find a balance between enjoying flavorful foods and healthy eating. Her goal is simple, to make *Sumptuous Bites* the go-to-place for satisfying your palate with mouth-watering, healthy Caribbean-American cuisine.