

# Health fair showcases natural options



By [Whitney Neilson](#), Special to The Enterprise-Bulletin  
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Rula Sharkawi runs My Little Chickpea, a gourmet food company that specializes in vegan and gluten-free food.

“A couple years ago I was having some health issues,” said Sharkawi. “I was an executive in the corporate world and I turned to food rather than medications and it has completely transformed my life.”

She said she now has more energy, no pain, and all her health issues have gone away. She decided to start the company to help other people live well through food.

She’s been running the company for almost a year and is based out of Toronto, but you can also purchase her food at the Collingwood Food Co-op, the Creemore 100 Mile Store, and Currie’s Farm Market.

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