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Hosted by Queen Margaret University



Fodilicious is an innovative, sustainable food business, disrupting the market with premium, free-from convenience foods. We provide the World's first FODMAP-friendly certified meals and the UK's first FODMAP-friendly certified, allergen-free, and vegan snacks. All of our products cater to a range of diets, including gluten-free, dairy-free, vegan and low FODMAP, and are suitable for those with digestive disorders such as irritable bowel syndrome (IBS).

During the RSE Unlocking Ambition Enterprise Fellowship, what have been the biggest successes you have achieved and the biggest challenges you have faced?

Getting our meal and snack products retail-ready has been a key success throughout the RSE Unlocking Ambition Enterprise Fellowship. Now, we are ready to become first-to-market in the retail and wholesale sectors for FODMAP-friendly, allergen-free products and we successfully secured our first customer, Apex Hotels, for our allergen-free and vegan snack product – Fodilicious Cookie Buttons – which we developed with the support of Queen Margaret University, who have been incredibly supportive throughout my entrepreneurial journey. Now, we are expanding our range of Cookie Buttons, and have significant demand from retailers for our meal products.

One of the most significant challenges throughout my journey has been planning to scale Fodilicious. This includes taking a huge step from manufacturing all of our products in-house at our small production unit, to outsourcing all production to experienced Scottish food manufacturers. We started to plan this near the beginning of the

Fellowship and we successfully outsourced all production in February 2019. This has been a crucial step to scaling for success.

What are your ambitions for your company?

When founding Fodilicious, our main goal was to provide gluten-free, dairy-free and FODMAP-friendly certified convenience foods, with vegan options, to help those with food intolerances manage their diets, which can be challenging due to the lack of products available. I strive for Fodilicious to become a free-from UK market leader in the food industry and continue to disrupt with innovative products.

What difference has the RSE Unlocking Ambition Enterprise Fellowship made to you and your business?

The RSE Unlocking Ambition Enterprise Fellowship has allowed Fodilicious to grow massively over the past year. Without the support we have been given, we would not be where we are today with retail- and wholesale-ready products. Not only has the experience and entrepreneurship training been extremely beneficial, but it has also given me the confidence to drive the business forward.