



Member Profile Questionnaire



Monique Frey, Chef/Owner
PRET Gourmet Catering

Why did you join South County EDC?

To build a network of like-minded individuals, and to reach out to a market that I otherwise am not well connected with. To be of service in any capacity that I can to help grow and support the organization.

The best thing that has happened/I have learned, experienced, enjoyed is...

Learning to grow a business from "ground up" has been both challenging and rewarding. I have enjoyed all of the experiences, clients and lessons along the way, and I hope that I continue to grow individually as well as professionally as I move forward in my professional life.

Fun fact about you:

Concert Pianist, was accepted to Julliard, fluent in French, Hot Yoga junkie!

Life goal:

To be the best possible version of myself, and to be able to provide for my loved ones.