



BEHIND THE BUSINESS

“Mississippi’s economy is made up of the most creative, unique, and innovative businesses in the entire world. The Secretary of State’s Office is proud to spotlight these businesses, and provide support for all ventures which choose to invest in our great State.”

Dellunt

No Time 2 Cook

Karen Kurr

Karen Kurr has been supporting Mississippi by serving wholesome, frozen, home-cooked meals for families across the state. Originally from the city of Jackson, Kurr attended Mississippi University for Women and University of Southern Mississippi where she earned her BS and MS in Home Economics, studying child development and family living. She became the first director of Delta State’s Child Care Center. Kurr also taught child development and family living in the Louisiana University System until she decided to start her own family.

In 2005, Kurr began blending her passions for cooking and family life by making, freezing, and selling home-cooked meals at a local farmers’ market. She set up shop in a McDade’s parking lot offering quick meals for families who had little time and limited dinner options in the frozen section of the grocery store. Her goal was to create affordable, wholesome meals with quality ingredients – such as 100% all natural chicken – and devoid of MSG, preservatives, extenders, or hydrogenated oils. Her product was titled No Time 2 Cook, and demand quickly



grew. Kurr’s customer base developed rapidly, spreading into Central and North Mississippi and her meals began selling in multiple venues, including gourmet food stores, pharmacies, and antique malls. Today, No Time 2 Cook meals can be found in all Mississippi Kroger stores, select Walmart shopping centers, and several independently-owned grocery stores.

Due to her success in business, Kurr has received numerous honors for No Time 2 Cook, including the 2018 Mississippi Top Entrepreneurs Award, 2018 the Mississippi Business Journal Distinguished Woman of the Year Award, and the Girl Scouts Heart of the South Award.

