



Eliza Ward

NutShed

Eliza Ward is co-founder of NutShed, makers of award-winning peanut butters, raw energy balls and plant-based treats. Along with her sister Evie, the duo have grown their business from a humble market stall in 2012 to a thriving business, producing and wholesaling their gluten free, dairy free, plant-based treats into Ireland's high-end cafes and salad bars.

Based in Nenagh, Co.Tipperary, NutShed expanded to become Ireland's only producer of single origin peanut butters, creating an exciting and delicious range of peanut butter flavours, which are now available in more than 250 shops around Ireland, including independent retailers and Dunnes Stores. 2020 brought them two international Great Taste Awards, the world's largest and most trusted food awards, where they stood out in a very competitive category.

NutShed currently has a team of seven, with major plans for growth throughout Ireland in 2021 and plans to start exporting in 2022.

NutShed are proud members of Bord Bia's Origin Green, implementing an intricate sustainability structure to their company, in areas such as environmental consciousness, community contributions and employee well-being.

Of her experience in Starting Strong, Eliza said: *"Being part of Starting Strong has been a game changer for us at NutShed, and it couldn't have come at a better time. The support system and structure it has given us has been instrumental as we plan our next moves as a company. With plans for exporting, expanding online and upscaling our operations, Starting Strong has ingrained the belief in us, that everything is possible".*

www.nutshed.ie