



Aminah Williams

Aminah Williams is the owner of a full scale catering service, Aminah's Treats & More, which also provides cooking classes, cooking demonstrations, personal chef services, cook therapy sessions, meal planning and much more. Ms. Williams believe that it is important to live better, eat better and enjoy life.

After she donated her left kidney in 2012 to her father, she was motivated to continue to focus on her health and the health of those in her community in a greater way! Aminah is a single mother of 5 beautiful children who once struggled with her weight, weighing over 200 pounds.

Aminah is passionate about educating individuals that minor changes in your health and lifestyle can make a long lasting effect on your life and well-being. At Aminah's Treats & More, she provides her clients with quality food by using only the freshest and finest ingredients. She wants her clients to realize that food plays a bigger role than just providing energy to our bodies--it comforts us and brings families together and gives us memories and laughter.

It is Aminah's hope that you continue to Eat Well, Live Well and Be Well!