



THE VOICE OF FOOD RETAIL

Feeding Families  Enriching Lives

Cathy Polley – the Real Deal
by FMI President and CEO Leslie G. Sarasin

It is said that individuals of true integrity are those whose actions synch completely with their espoused values. Such individuals are ones whose word we can rely on completely and whom we can count on to be there in both good times and not so good times. Our world is now absent one individual I have considered since our very first meeting to be of the highest integrity because last week [Cathy Polley](#) lost her hard-fought battle with cancer.



Both professionally and personally, Cathy inspired all who came in to contact with her through her vision of the role the food retail sector could play in the health and wellness of our society. She advocated for it passionately because she understood the science behind it, she believed in the value it provides and she understood the discipline it requires. Her convictions about exercise, nutrition, menu planning, and personal/professional life balance were as much an integral part of her character as was her love of family, food and dancing. Touch one strand of these and Cathy's whole web vibrated because they were each part and parcel of her very being.

Because she brought her total self to her work, Cathy influenced the FMI team, the food retail industry and the world with her strong intellect, her undying zeal for life, and her quick smile. Under her watchful eye, the FMI Foundation transformed from a fledgling operation without clarity to a highly organized arm of the food retail industry, moving with a clear purpose and mission. The skill Cathy employed in achieving this transformation was a sight to behold, and I couldn't have been more proud of her success.

It is a fitting tribute to Cathy's character and passions that among the most successful of the FMI Foundation's initiatives was National Family Meals Month – a program inviting families to eat together more frequently, participate in cooking together more actively, and revel in each other's company more deeply. Like the person of integrity she was, this program brought some of her most ardent passions – family, food and health – all together at one table.

All who had the good fortune to know Cathy will miss her – her engaging sense of humor, her positive influence, her deep wisdom and her commitment to always doing what's right. I too will miss those outstanding attributes, and so many others, that Cathy embodied. But most of all, I will miss my friend. She was the real deal.

In lieu of flowers, please send donations to www.ovariancancer.org
[Photos of Cathy Polley](#)