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Katherine Sampson

A healthy slice of success

Claire Heaney

SANDWICH entrepreneur Katherine Sampson is behind one of five Victorian businesses recognised in a new award.

Ms Sampson, owner of the Healthy Habits business, won the gourmet food/takeaway store category in the Small Business Champions awards presented in Sydney at the weekend.

Founded in 2004 it now has 26 stores and with the help of franchising Ms Sampson is aiming for 100 stores.

Regional Victorian business Tatura Hot Bread won the bakery/cafe category.

Melbourne's Chill On took out the bottle shop section, Ringwood Jewellers the jewellery store category and Grand Foods in Campbellfield the wholesale category.

The top award and \$40,000 prize went to South Australian businesswoman Ly Lim.

She is the co-founder of training, IT services and design company Knowledge Plus.

The Small Business Champion Awards are part of a push by the Commonwealth Bank to get a share of the lucrative small and medium business sector.

CBA local business banking manager Michael Blomfield said the awards recognised the role of small businesses in their community.

There were 31 winners on the night.