

Good Clean Food Founder Janelle Bremer Talks Building and Selling a 15-Year Hawaii Business on Game Changer's Collective

The Oahu meal delivery pioneer opens up about passion, team building, and life after a successful exit.



Good Clean Food Hawaii Logo

HONOLULU, HI, UNITED STATES,
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Janelle Bremer, founder of [Good Clean](#)

[Food Hawaii](#), Oahu's number one meal delivery company, was recently featured on Game Changer's Collective, the podcast hosted by Cassi Manner, CEO of [Game Changer Marketing Solutions](#).

“

Make sure you're passionate about what you're doing and you believe in what you do. And just don't give up. You can get far if you just don't give up.”

Janelle Bremer, Good Clean Food Hawaii Founder

The episode, “Building Good Clean Food: A 15-Year Journey to a Successful Exit with Janelle Bremer,” traces Bremer's path from launching one of Hawaii's first healthy meal delivery services in 2012 to feeding tens of thousands of customers across Oahu, and the recent transition that saw her hand the business off to a new owner after 15 years at the helm.

Bremer, who relocated to the mainland during the pandemic and continued running the business remotely

with the help of a longtime team, is now finishing a PhD in entrepreneurship at the University of Tennessee, where she researches how founders navigate their careers beyond the businesses they build.

In the episode, Bremer covers:

- Building Good Clean Food Hawaii from scratch in 2012 into Oahu's #1 meal delivery company
- Her advice for food-based entrepreneurs: stay passionate about your mission and don't give up
- How Game Changer Marketing Solutions helped her business grow by taking the time to understand her customers and the Hawaii market
- What it took to prepare Good Clean Food for a successful exit, from systemizing operations to

finding the right buyer

- Her transition from founder to PhD researcher studying entrepreneurial careers

"Make sure you're passionate about what you're doing and you believe in what you do," Bremer said. "And just don't give up. You can get far if you just don't give up."

The full episode featuring Janelle Bremer is available now on [Spotify](https://open.spotify.com/show/3Q8W8W8W8W8W8W8W8W8W).

Learn more about Good Clean Food Hawaii at www.gcfhawaii.com/.

About Janelle Bremer

Janelle Bremer is the founder of Good Clean Food Hawaii, Oahu's number one meal delivery company, which she built from the ground up in 2012 and grew into a business serving tens of thousands of customers before a successful exit in 2026. She is currently completing a PhD in entrepreneurship at the University of Tennessee, where her research focuses on entrepreneurial careers and how founders navigate life beyond the businesses they build.

About Game Changer Marketing Solutions

Game Changer Marketing Solutions, led by CEO Cassi Manner, is a full-service digital marketing agency that helps entrepreneurs build brands and grow their businesses through social media strategy, content creation, and marketing services. Manner also hosts Game Changer's Collective, where trailblazers, disruptors,



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Good Clean Food Hawaii

and visionaries share the real stories behind their success, uncovering the lessons, struggles, and breakthroughs that define true innovation.

Learn more at

<https://gamechangermarketingsolutions.com/>

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Good Clean Food Hawaii - Oahu's #1 Meal Prep Company

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