



For Immediate Release

COOK UP A BRAND NEW CAREER THIS YEAR AT THE NATURAL GOURMET INSTITUTE

Change Your Eating and Cooking Habits – and Change Your Life!

New York, NY – January 6, 2012 – Have you always dreamed of donning a white apron and whipping up mouth-watering dishes for others to enjoy? Would you prefer to get paid for doing something you love? There is no better time than the beginning of a New Year to embark upon life-changing ventures, to be sure. And the prospects are bright for those who want to begin a culinary career. In fact, jobs in this field are expected to grow through the next decade, according to the U.S. Department of Labor. The time is ripe to embark on a new career, and ultimately a new you in 2012.

The **Natural Gourmet Institute for Health and Culinary Arts Chef's Training Program** (CTP) was created in 1987 in response to the demand for culinary professionals skilled in the art of preparing beautiful, delicious health-supportive cuisine. This accredited, comprehensive, mostly-vegetarian program -- the first of its kind in the world -- prepares students for careers in health spas, restaurants, bakeries, private cooking, catering, teaching, consulting, food writing and a variety of entrepreneurial pursuits. NGI provides the same basic skills training as its more mainstream counterparts, but it takes it one step further, graduating chefs committed to using local, sustainable, organic, seasonal (when possible, fresh whole foods with an emphasis on traditional unrefined ingredients.)

What leads people to attend the CTP program? Here is what a few recent graduates had to say when asked why they chose NGI:

- I wanted to have a career that I could excel in, was full of opportunity and still had room for endless creativity.

- I've always liked cooking, and I wanted to pursue something that I felt could benefit other people in a meaningful way.

- I hated my job in the corporate world and have always had a passion for cooking and baking.

- I was very sick and needed to learn how to cook to improve my health.

Students who have attended the Chef's Training program report myriad life-changing results—from curing headaches due to sugar, to making much healthier food choices, to embarking on a new and rewarding career. Based on a recent survey, the majority of respondents consider their time at NGI a worthwhile investment.

Prominent NGI grads include Tal Ronnen, private chef to Oprah Winfrey and author of **“The Conscious Cook”*;* Amanda Cohen, owner of New York City’s Dirt Candy restaurant and recent Food Network “Iron Chef” challenger, Alex Jamieson, author of *“Veganism for Dummies”*, and Chloe Coscarelli, winner of the Food Network’s “Cupcake Wars”.

NGI’s Chef Training Program is offered on both a part-time and full-time basis. The full-time program is approximately 5 ½ months (including a 100-hour practical internship). Upcoming full-time program start dates March 5, April 23 and June 4, 2012. The part-time evening and weekend programs are approximately 11 months (including a 100 hour practical internship). Start dates for these programs are April 24, and June 18, 2012.

Open houses to learn more about the school and its application process will take place on Tuesday, March 13, Wednesday, April 11th and Tuesday, May 15th at 5:45 p.m.

For more information about The Natural Gourmet Institute for Health and Culinary Arts Chef’s Training Program visit www.NaturalGourmetInstitute.com or call 212-645-5170, ext. 109 or 101.