



For Immediate Release

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**CHANGING THE WORLD, ONE PICKY EATER AT A TIME:
THE NATURAL GOURMET INSTITUTE
SERVES UP HEALTHY COOKING CLASSES FOR KIDS & PARENTS
~ Public classes designed to teach families to eat well; combat childhood obesity~**

New York, NY – January X, 2013 – *"We can all agree that in the wealthiest nation on Earth, all children should have the basic nutrition they need to learn and grow and to pursue their dreams, because in the end, nothing is more important than the health and well-being of our children. ... These are the basic values that we all share, regardless of race, party, religion."* Michelle Obama. The professional chef instructors at the Natural Gourmet Institute for Food & Health could not agree more, which is why they've dedicated several Winter 2013 classes to providing kids and parents (and parents-to-be!) with tools for healthier eating through their public classes. Classes include:

Rock-n-Roll Vegetarian Sushi for Kids (Ages 7-11; Hands On)

Japanese Sushi Chef Hideyo Yamada is passionate about healthy sushi. Her infectious enthusiasm and patient guidance will help kids get in touch with their inner sushi master. First, she'll explain basic sushi ingredients, like brown rice, vinegar, and nori. Then the real action begins: Chef Hideyo will show kids how to make several varieties of vegetarian sushi including Dragon Rolls, Colorful Rolls, and Hand Rolls. Kids (and accompanying adults) will be rolling like pros in no time. An added benefit: when children cook their own vegetables, they are more likely to eat lots of them! After class, participants will feast on their creations. *Variety of Sushi Rolls: Dragon Rolls, Colorful Rolls, Hand Rolls • Rice-Paper Summer Rolls with Colorful Vegetables • Perfect Brown Rice and Sushi Vinegar • Carob Mousse with Secret Ingredient.* (Vegan; no nuts, gluten or refined sugars.)

Monday, January 21, 10:30 a.m. – 1:30 p.m. (MLK Jr. Birthday)

Instructor: Hideyo Yamada

Fee: \$135.00 (Fee is for 1 adult and 1 child; \$60 per additional child)

Really Great Kid-Friendly Snacks (Ages 7-11; Hands-On)

Are your kids bored with the same old snacks? Then here's a perfect opportunity to switch it up as everyone learns about a whole new world of healthy treats and mini meals that are a cinch to make and taste fantastic. In this snack-packed class, your child (with your help) will make dumplings, guacamole, outrageous quesadillas, bake muffins and granola, and learn how to make frozen yogurt. Which ones will your kids love the most? *Pan-Fried Sweet Potato Dumplings with Asian Dipping Sauce • Black Bean and Veggie Quesadillas with Guacamole • Quinoa-Banana Muffins • Apple-Maple Granola Parfaits layered with Yogurt and Fruit • Homemade Fruit-Flavored Frozen Yogurt.* (Organic eggs and dairy will be used.)

Monday, February 18, 10:30 a.m. – 1:30 p.m. (President's Day)

Instructor: Stefania Patinella

Fee: \$135.00 (Fee is for 1 adult and 1 child; \$60 per extra child; limit 2 children per adult.)

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Helping Kids Who Overeat (Lecture)

Parenting an overeater is challenging. You've probably heard that children (like adults) shouldn't diet and that restricting food makes kids hoard. So how can you help while keeping their self esteem intact? In this class, Dina Rose will show you how to stop being the "food police" and start helping your kids enjoy health-supportive meals without guilt or dieting – which naturally leads to eating less. You'll also learn how to help your kids recognize their intuitive hunger signals, taste preferences, and satiation, as well as coping techniques for a range of eating situations including parties, play dates and buffets. You'll leave armed with an individualized action plan to teach your kids the skills they'll need for a lifetime of healthy eating.

Sunday, February 24, 2:00 p.m.- 5:00 p.m.

Instructor: Dina Rose, Ph.D.

Fee: \$70.00

The Four Trimesters... Healthy Eating for Pregnancy and Post-Partum (Lecture)

Eating healthfully during your pregnancy is one of the most important ways to nurture your baby. Proper nutrition during this magical time not only supports a healthier pregnancy, it's also crucial for your child's development. Renowned childbirth educator and author of *The Big Book of Birth*, Erica Lyon will explain the needs of your body and baby over the "4 trimesters" (which includes post-partum). She'll debunk myths about what you can and can't eat during pregnancy and labor and will explain how proper diet can help prevent certain complications. She'll also offer nutrition tips for breastfeeding, as well as guidelines for vegan and vegetarian moms-to-be. Nourish yourself and your baby with this healthful foundation!

Wednesday, March 6, 6:30 p.m. – 9:30 p.m.

Instructor: Erica Lyon

Fee: \$70

To register for Public Classes at NGI, visit www.naturalgourmetinstitute.com or call 212-645-5170 ext. 4.

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About Natural Gourmet Institute for Food and Health

Founded in 1977 by Annemarie Colbin, Ph.D., the Natural Gourmet Institute (NGI) is the leader in teaching health-supportive cooking as well as elucidating the relationship between food and health. NGI believes that what we eat significantly affects our physical, mental and spiritual well-being.

The Natural Gourmet Institute for Food and Health offers excellent learning opportunities to the general public. Through a combination of cooking classes and lectures, NGI teaches health-supportive food preparation, as well as an ever-expanding array of approaches to nutrition, including models from Western nutrition, Chinese medicine, macrobiotics, raw foods, fermentations, Ayurveda and more.

The Natural Gourmet Institute for Health & Culinary Arts Chef's Training Program 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 only one 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.