



For Immediate Release

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THE NATURAL GOURMET INSTITUTE FOR FOOD & HEALTH INTRODUCES SPRING/SUMMER 2013 PUBLIC CLASSES

*~Classes Include Homemade Healthy Dog Food, Strategies for Introducing New Foods to Kids,
Summer Salad Suppers, Food-for-Health Lectures and More~*

New York, NY – April 11, 2013 – The Natural Gourmet Institute for Food and Health (NGI; www.naturalgourmetinstitute.com) has just released its Spring/Summer 2013 line-up of public classes. In addition to its widely-acclaimed Chef's Training Program, NGI offers excellent learning opportunities to the general public, providing an ever-expanding array of approaches to nutrition, including models from Western nutrition, Chinese medicine, macrobiotics, raw foods, fermentations, Ayurveda and more.

The classes are as bountiful as the meals that are prepared in many of them! There are classes that teach basic cooking and knife skills techniques, vegan cupcake decorating, preparation of delicious ethnic foods from around the globe, and how to improve overall health and well-being. All classes share the same core philosophy -- that there is a strong link between food and health. There is truly something for everyone. New or noteworthy inclusions in the Spring/Summer 2013 brochure include:

The Great Life Diet (Lecture)

Why settle for a good life when one can have a great life? In this engaging encounter with Denny Waxman, renowned author, speaker, and macrobiotic counselor, students will discover his simple, practical system for richly nourishing body, mind, and spirit. They'll learn surprising answers to dietary and lifestyle questions such as how to get balanced nutrition from a plant-based diet; what constitutes a complete meal; and how to gain access to a way of living that continually supports and strengthens health. Denny's flexible guidelines, easily tailored to individual needs, have helped thousands the world over - including those suffering from ailments as serious as chronic fatigue syndrome, heart disease, and cancer. So whether one's intention is to create great health or conserve it, to cultivate healing, or simply to welcome more harmony into one's life, the principles students will learn will serve them for a lifetime.

Tuesday, May 7, 6:30 pm - 8:30 pm

Instructor: Denny Waxman

Fee: \$60.00

Dog-gone Good! Real Food for Your Pooch (Demonstration) NEW

Americans treat their dogs as "bone-a-fide" family members. They spoil them with so many cuddles, squeaky toys, baby talk – and, of course, their favorite treats. But many store-bought pet foods contain allergens like wheat and dairy and unhealthy ingredients like meat by-products, additives and preservatives, food coloring, and high-fructose corn syrup. In this demonstration class, participants will learn how to prepare a whole foods diet for their pooch from scratch – even dessert – and replace the nasty ingredients with nourishing alternatives that Fido will beg for. They'll leave class with a home-cooked "doggy bag" full of samples so they can start slowly transitioning their dog to a whole foods diet. Who said an old dog can't be taught tasty new tricks? Woof! Woof!

Grass-Fed Beef and Caramelized Root Vegetable Meatloaf • Turkey and Zucchini Bread • Seared Beef Liver with Green Beans & English Peas • Roasted Duck with Sautéed Rainbow Chard • Dehydrated Turkey Strips • Chicken Liver Fudge. (Organic eggs, chicken, turkey, grass-fed beef, and humanely-raised Long Island Pekin duck will be used; dairy-free and gluten-free.)

Monday, June 3, 6:30 pm - 10:00 pm

Instructor: Olivia Roszkowski

Fee: \$125.00

Note: Please do not bring dogs to class.

Summer Salad Suppers (Hands-On)

Salads refresh with their colors and textures, build people up without weighing them down, and simplify cooking and entertaining. With or without the punch of added protein, each of Chef Instructor Myra Kornfeld's hearty, gorgeous, vitamin-packed main-course salads can stand alone and is perfect for any day or occasion. *Edamame and Wild Rice Salad with Spelt Berries and Grapes with Orange-Cumin Dressing • Romaine and Cabbage Salad with Sesame-Orange Dressing with Teriyaki Wild Salmon or Tofu • Escarole and Wild Spinach Salad with Marcona Almonds, Nectarines and Ricotta Salata with Blueberry Vinaigrette and Almond Crusted Chicken Cutlets • Beet, Watermelon, and Arugula Salad with Caramelized Pecans, Feta, and Shrimp • Wild Green and Herb Salad, Golden Balsamic-Lemon Vinaigrette with Heirloom Tomato-Mozzarella Stack with Mixed Herbed Pesto • Black Kale and Romaine Caesar Salad with Sole Meunière.* (Some dairy, optional fish and organic chicken will be used; wine will be served).

Tuesday, June 25, 6:00 pm - 10:00 pm or

Friday, August 23, 6:00 pm - 10:00 pm

Instructor: Myra Kornfeld

Fee: \$120.00

Strategies for Introducing New Foods to Kids... so They Will Actually Eat Them (Lecture) NEW

Teaching children to eat new foods can be a trying experience. But all kids --- even the pickiest eaters! --- can learn to eat (and enjoy) new foods, including vegetables. Find out how common tactics can backfire. Learn practical, research-based strategies and solutions instead. These include: how to set a foundation for introducing new foods by using foods kids already enjoy, how to use taste and texture to shape kids' eating habits, and how to redirect power and control struggles. Participants will leave this thought-provoking seminar with an individualized action plan to turn their children into adventurous "new food" eaters.

Tuesday, June 4, 6:30 pm - 9:30 pm

Instructor: Dina Rose, Ph.D

Fee: \$60.00

The above is a small sampling of the myriad new classes on offer for Spring/Summer 2013. For more information about the Natural Gourmet Institute for Food & Health's public classes or to register for a class, visit www.naturalgourmetinstitute.com.

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About Natural Gourmet Institute

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.