



**SUSAN'S**  
HEALTHY GOURMET

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Media Contact:

Inez Be / HKA, Inc.

714-426-0444, [inez@hkamarcom.com](mailto:inez@hkamarcom.com)

## **Susan Johnson of Susan's Healthy Gourmet named Finalist in Ernst & Young Entrepreneur of the Year Awards**

IRVINE, Calif., May 14, 2009—Susan Johnson, founder and CEO of [Susan's Healthy Gourmet](http://www.susanshealthygourmet.com) ([www.susanshealthygourmet.com](http://www.susanshealthygourmet.com)), the company that pioneered the concept of fresh and delicious [calorie-controlled meals](#) delivered throughout Southern California, has been selected as a finalist in the 2009 Ernst & Young Entrepreneur of the Year (EOY) Awards in Orange County.

Each year, the EOY program recognizes top performing businesses and applauds entrepreneurial leaders and visionaries. Johnson is among 20 finalists that will be showcased during the Entrepreneur of the Year gala event in Irvine on Thursday, June 11.

“I am tremendously honored be chosen as a finalist among such an outstanding group of entrepreneurs,” said Johnson. “It is through the support and dedication of our entire team that we have been able to achieve our recent growth milestones. I am confident that our success will continue as we expand our core business, as well as our newer companies, [LifeSpring Home Nutrition](#) and [Xan Confections](#).”

Johnson's selection as a finalist for the award speaks to her leadership and the achievements she has cultivated within her businesses. With Susan's Healthy Gourmet as her flagship company, founded in 1996, Johnson grew her already successful venture by adding LifeSpring Home Nutrition, a frozen meal delivery service for seniors, in 2003. In late 2008, Johnson extended her values of healthy eating to encompass nutrition-conscious sweets with Xan Confections, an [artisan chocolate](#) company led by expert chocolatier Tracey Downey. To accommodate this

growth, Johnson moved the companies into a 15,000-square-foot facility in Irvine at the end of last year, providing three times the kitchen space as the previous location.

### **About Susan's Healthy Gourmet**

Irvine, Calif.-based Susan's Healthy Gourmet prepares and packages fresh, nutritionally balanced and calorie-regulated meals for pickup or delivery throughout Southern California. Founded in 1995, Susan's Healthy Gourmet meets the demands of its customers' busy lifestyles, taste preferences and dietary needs by offering portion-controlled customizable individual meals. The company also offers a Diabetic menu for those needing to monitor their carbohydrate and sugar intake; the Good Sense Menu for seniors ages 65 and over; Kid's Backpack Lunches and Busy Bee Dinners; and the Purification and Anti-Aging plan for a healthy and convenient way to jumpstart into long-term healthy living and naturally cleanse the body. For more information, call 888-EZ-MEALS or visit [www.susanshealthygourmet.com](http://www.susanshealthygourmet.com).