



SUSAN'S
HEALTHY GOURMET

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**Susan Johnson of Susan's Healthy Gourmet Presented with
Orange County Business Journal's Prestigious *Women In Business Award***

IRVINE, Calif., May 22, 2009—[Susan Johnson](#), founder and CEO of Susan's Healthy Gourmet (www.susanshealthygourmet.com), the company that pioneered the concept of fresh and delicious [calorie-controlled meals](#) delivered throughout Southern California, was one of five local businesswomen presented with the prestigious 2009 Women in Business Award at the Orange County Business Journal's awards luncheon on May 21 at the Hyatt Regency Irvine..

The luncheon attracted 830 prominent businesswomen and men in Orange County who were inspired by the stories of the five honorees as well as by the keynote address from business leader Meg Whitman, former eBay CEO and prospective California gubernatorial candidate. From 159 women nominated, only five were selected for the prestigious honor based on entrepreneurial spirit, creativity, resilience, and accomplishments as a successful female business owner.

In accepting the award, Johnson expressed her surprise: "I'm stunned to receive this, as I look around the room, the caliber of businesswomen in Orange County is inspiring. But, truly, I have the best job in the world. I get to go to work with my family members and work at bringing good food to our customers. I couldn't ask for anything more."

She added, "I couldn't have done it without my daughter, Kerry, who now is the company president and allows me to have time to come up with the big ideas to pursue. Some work, and some don't, but we get to try them. One idea that works was adding [Xan Confections](#), producing artisan, lifestyle chocolates that fit into the healthy lifestyle food we create and advocate. Xan is

a superb addition to our lineup because of Tracey Downey, our R&D director and the best chocolatier in Orange County in my opinion.”

Johnson began in 1996 with [Susan’s Healthy Gourmet](#) and expanded in 2003, when she added [LifeSpring Home Nutrition](#), a frozen meal delivery service for seniors. This past year, Johnson’s companies further expanded into a 15,000-square-foot facility in Irvine.

Johnson also noted her decision to immediately join NAWBO-OC (National Association of Women Business Owners) when she began her company in 1996. “Women business owners are so collaborative -- what terrific support to get right at the start. It made a difference.”

Over the years, Johnson has made outstanding contributions to the business and philanthropic communities in Orange County and beyond. She is a strong advocate for the American Cancer Society, the Alzheimer’s Association, St. Joseph’s Hospital, and Susan G. Komen for the Cure, among others. Johnson and her staff educate students at schools and youth organizations about healthy eating and good nutrition.

Johnson is looking forward to continued growth this year as she creates new menu offerings for [Susan’s Healthy Gourmet](#), and expands LifeSpring Home Nutrition and Xan Confections into broader markets.

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.