



**SUSAN'S**  
HEALTHY GOURMET

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**Irvine Businesswoman Susan Johnson Named ‘Enterprising Woman’**  
*Recognized for Innovative Entrepreneurial Ventures and Mentoring*

IRVINE, Calif., March 11, 2011—Susan Johnson, an Irvine-based entrepreneur who pioneered the concept of fresh and healthy portion-controlled meals when she founded Susan’s Healthy Gourmet, has been named a 2011 Enterprising Woman of the Year for demonstrating leadership and growth in business, as well as a penchant for mentoring and giving back to other female business owners.

Sponsored by *Enterprising Woman* magazine, the ninth annual Enterprising Women of the Year Awards received a record number of nominees worldwide. A handful of successful women were selected in each of five categories to become part of the prestigious Enterprising Women of the Year Class of 2011. Finalists were based on business growth, commitment to mentoring or actively supporting other women and girls involved in entrepreneurship and role as a community leader.

“Receiving recognition for your business endeavors is a rewarding feeling, but to also be acknowledged as a mentor to other female entrepreneurs is an incredible honor,” said Susan Johnson, who has passed along her innovative business intellect and entrepreneurial spirit to her daughter, Kerry Johnson Anthony, who already plays an essential role in the continuing growth of Johnson’s companies.

With three successful companies under her direction, Johnson has created a business model that bridges her love of gourmet food with her awareness of the need for a healthy lifestyle. Through the flagship Susan’s Healthy Gourmet founded in 1996, LifeSpring Nutrition and Xan Confections, Johnson has become an expert in fresh meals, frozen meals and gourmet chocolate – all with a healthy focus. She plays an increasingly strategic role in expanding the three businesses, and earlier this year launched the new line of healthy CocoXan “chocolates with benefits” under Xan Confections’ lifestyle collection.

Johnson is also a founding member of the National Association of Women Business Owners (NAWBO)-OC Women’s Business Institute and has participated in NAWBO’s mentoring program, mentoring new women business owners. Johnson previously served as president of NAWBO-OC. Additionally, she speaks to entrepreneur classes at business schools and at career days for young women -- sharing her resounding belief that one can find, and follow, her dream at any age.

### **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 1996, 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 less customized menu offerings at lower pricing;; Kid's Backpack Lunches and Busy Bee Dinners for families.; For more information, call 888-EZ-MEALS or visit [www.susanshealthygourmet.com](http://www.susanshealthygourmet.com).

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