



SUSAN'S
HEALTHY GOURMET

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SUSAN'S HEALTHY GOURMET, LIFESPRING NUTRITION, XAN CONFECTIONS WIN 2011 FAMILY OWNED BUSINESS AWARD

IRVINE, Calif., Dec.1, 2011 – Three Irvine-based companies known for producing and delivering healthy meals and chocolates to Southern California and beyond yesterday received the 2011 Family Owned Business Award from the *Orange County Business Journal* in association with California State University, Fullerton's Family Business Council. The Johnson family accepted the award for their successes with Susan's Healthy Gourmet, LifeSpring Nutrition and Xan Confections.

The Family Owned Business Awards are presented annually to outstanding Orange County family firms in five categories: Small, Medium, Large (based on number of employees); Up & Coming; and Longevity. Held this year at the Hyatt Regency Irvine, the 12th annual awards program celebrated the contributions of families and acknowledged the positive impact the honorees have made on the Orange County business community. The Johnsons were presented with the Up & Coming Business Award for their three companies.

"To be recognized as an outstanding family business is truly an honor for our family, as well as for everyone involved with our three companies," said Susan Johnson, founder and CEO of the Johnson family businesses. "We are passionate about everything we do and I think this is what sets apart many family businesses. It's wonderful to see recognition for all the family businesses that enhance our local business community."

Joining Susan Johnson in the family businesses are husband and CFO John Johnson, daughter and President Kerry Johnson Anthony and son-in-law and Logistics Manager Mike Anthony. They are all key players in each company's evolution and play integral roles in terms of growth. Even Susan's son, John Jr., though based in Texas, plays a valuable consultative role for all three companies, providing strategic "big picture" guidance.

Susan founded her flagship company Susan's Healthy Gourmet in 1996, acquired and grew LifeSpring Nutrition in 2003, and co-founded Xan Confections in 2009.

- Susan's Healthy Gourmet has become well known for producing and delivering fresh, nutritious, calorie- and portion-controlled meals to homes and offices throughout Southern California.
- LifeSpring Nutrition, which focuses on frozen healthful meals for seniors and is broadening its market to younger audiences as well, was listed on *Orange County Business Journal's* Fastest-Growing Companies list in 2009 and 2010.

- Xan Confections, with hand-crafted artisan chocolates that “tempt the tastebuds and satisfy the soul,” is known for its lifestyle chocolate collections that allow all chocolate lovers to indulge, including those on gluten-free and vegan diets. Xan Confections is available in more than 300 retail locations across the country and online at www.xanconfections.com.

The Johnson family’s recognition for running three successful businesses stems from a passion for healthful living and growing the core business to continuously create innovating new product lines, as well as their extensive philanthropic and community involvement in Orange County.

For further information about the Johnson family and the businesses, please visit www.susanshealthygourmet.com or www.facebook.com/susanshealthygourmet.

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