

Cooking, Eating, & Living Well™



A Jackie Keller Company. Since 1987

2010-2011 Programs Overview

Cooking Well™ Demonstrations

Our one-hour cooking classes with food sampling comes with up to four recipes demonstrated, followed by generous sampling for participants. Recipes and nutrition information are provided for attendees. Additional formats available for larger class sizes and program length can be modified to fit client needs.

Eating Well™ Lectures

These one-half to one-hour lecture based, interactive programs, cover the latest topics in nutrition and health. Program length can be modified to fit client needs.

Living Well™ Workshops

These one or multi-part sessions include extensive audience participation with a wide range of topics to suit everyone.

Learning Center Booths and Health Fair Options

These participant oriented educational centers provide pertinent information on a variety of nutrition, culinary and lifestyle topics. Cooking demonstrations with food sampling is also available, which includes a wide-variety of sampling options along with printed literature for participants to take.

Additional Services

To compliment these programs & services, NutriFit™ can enhance your experience by providing "success kits," cookbooks, and wide range of custom edible products.



A Jackie Keller Company. Since 1987

NutriFit, LLC • 11692 Gateway Blvd • Los Angeles, CA 90064 • nutrifitonline.com
310.473.1989 / 800.341.4190 • Fax 310.473.1993 • Copyright © 2010 NutriFit, LLC

Cooking Well™ Demonstrations

- Top Cooking Tips for Diabetic Diets
- Six O'clock Solutions
- Cooking Well 101
- Anti-Inflammatory Cooking
- Haute and Hot Cuisine
- East Meets Feast
- Summer Sips & Dips
- Body After Baby
- Grand Finales

1. Top Cooking Tips for Diabetic Diets

Looking for help planning a diabetes-appropriate diet? If you have diabetes or have concerns about your blood sugar levels, you will need to plan your meals. The truth is that you will not have to give up all of your favorite foods, or eliminate sugar entirely – and this cooking demonstration will show you how easy, and delicious, a diabetic-friendly diet can be.

2. Six O'clock Solutions

Make meals easy with the meal-in-one-pot recipes presented in this demonstration of healthy supper meals.

3. Cooking Well 101

Whether you're an accomplished chef or just starting out, this class is for you! Techniques for healthy cooking are emphasized in this demonstration along with tips for making healthy substitutions. Discover how easy cooking well can be!

4. The Anti-Inflammatory Diet

Learn how to minimize the inflammation response by maximizing your meal choices with this demonstration.

5. Haute and Hot Cuisine

Cooking with chilies and other capsaicin-containing ingredients.

6. East Meets Feast

Beyond basic Asian, this class will give you a taste of near, middle and far eastern cuisines.

7. Summer Sips & Dips

Easy and quick entertaining ideas are presented in this demonstration of appealing appetizers and refreshing beverages.

8. Body After Baby

Especially designed for postpartum moms, this demonstration features how to prepare meals that will help get you back into shape. Recipes are filled with super-fueled foods that will keep you at peak performance, as you return to your pre-pregnancy weight.

9. Grand Finales

Dazzling desserts abound in this special, sweet class. From tiramisu to trifle, this hour is filled with healthful, happy endings.



A Jackie Keller Company. Since 1987

NutriFit, LLC • 11692 Gateway Blvd • Los Angeles, CA 90064 • nutrifitonline.com
310.473.1989 / 800.341.4190 • Fax 310.473.1993 • Copyright © 2010 NutriFit, LLC

Eating Well™ Lectures

- Eating Smarter, Exercising Better & Living Longer
- Meals That Heal
- Take A Bite Out of Stress
- Beauty and Nutrition
- Nutrition and Health – The DASH Diet
- Fitness for Life: A Parent's guide
- Body After Baby
- Food Allergies and Ingredient Intolerances
- Your Perfect Weight Loss Plan

1. Eating Smarter, Exercising Better & Living Longer

The secret to longevity is disease prevention. Many ailments are preventable by following a healthy diet and an exercise plan that incorporates both cardiovascular and strengthening workouts. Learn how to make smarter food choices and rev up your exercise routine to live a longer healthier life.

2. Meals That Heal

Learn foods that are known to be rich in nutrients and naturally help cure certain ailments.

3. Take a Bite Out of Stress

Do you eat under stress? Does the food you eat cause stress? Learn what to eat and what foods to avoid so you can maximize your mental and emotional health. Understand your food triggers, and explore the food/mood connection.

4. Beauty and Nutrition

Learn about the connection between beauty and nutrition to achieve beautiful hair, skin and nails through optimal eating.

5. Nutrition and Health - The DASH Diet

Cardiovascular disease is the leading cause of death in the United States and is known to be linked to poor eating habits. Learn about the DASH Diet, which is considered an optimal eating program for hypertension and heart health. This lecture focuses on the latest information about cancer, lifestyle and nutrition. Learn about the most potent, cancer fighting vitamins and minerals.

6. Fitness for Life: A Parents Guide

Overweight children are at high risk of becoming overweight adults. Prevent or manage childhood obesity by learning what types of lifestyle habits children can acquire that will help them live long and healthy lives. Learn how to integrate family fitness and healthy meal preparation into your family's busy schedule.

7. Body After Baby

Especially designed for postpartum moms, this lecture is about designing a food and exercise plan where you'll lose that first 20 pounds of baby fat, gain energy and fit right back into your favorite "skinny" jeans before you know it.

8. Food Allergies and Ingredient Intolerances

Learn about the Glycemic Index and how it affects your health. Find out which foods have the lowest Glycemic Index values and how eating them will help control blood glucose, manage weight, and improve your heart health.

9. Your Perfect Weight Loss Plan

Learn about the hottest diets and the latest nutrition trends. Discover the affects of diet on your quality of life and pick up tips on hot to make healthy, hassle-free meals.



A Jackie Keller Company. Since 1987

NutriFit, LLC • 11692 Gateway Blvd • Los Angeles, CA 90064 • nutrifitonline.com
310.473.1989 / 800.341.4190 • Fax 310.473.1993 • Copyright © 2010 NutriFit, LLC

Living WellTM Workshops

- Body After Baby
- Brain Boosters – Improving Your Memory
- Ways to Win at Weight Loss
- The Top Ten Mistakes We Make about Our Health
- A Cure for What Ails You
- Nature's Bounty – Gifts From the Hearth

1. Body After Baby

Especially designed for postpartum moms, learning how to handle life once the baby arrives. Learn how to incorporate a nutritional plan and exercise program that will have you back in tiptop shape in as little as 30 days.

2. Ways to Win at Weight Loss

When is losing better than winning? Discover how NutriFit's Personal Eating Plan (PEP) can help you battle the bulge and get the body you want.

3. Brain Boosters - Improving Your Memory

Are you remembering what you want to forget and forgetting what you want to remember? Avoid brain drain by attending this workshop! We'll identify the different types of memory, the vitamins and minerals that may improve it and ways to maximize your memory!

4. The Top Ten Mistakes We Make About Our Health

Here's a top ten list you'll want to make sure you know about - the most common mistakes we make about our health and how to avoid them!

5. A Cure for What Ails You

From chicken soup to ginger tea - this workshop will provide you with dozens of remedies for common ailments, conditions and health concerns. You'll feel better from the inside out and obtain a new outlook on alternatives for "home cures".

6. Nature's Bounty - Gifts From the Hearth

Looking for ideas for homemade, inexpensive, healthy food gifts and wrapping ideas? Learn how to make deliciously flavored oils and vinegar in beautiful bottles, scrumptious candies and tasty snacks that make great gifts. This workshop will also give you a wealth of ideas for gift-wrapping with materials from your kitchen and garden.



A Jackie Keller Company. Since 1987

NutriFit, LLC • 11692 Gateway Blvd • Los Angeles, CA 90064 • nutrifitonline.com
310.473.1989 / 800.341.4190 • Fax 310.473.1993 • Copyright © 2010 NutriFit, LLC

NutriFit™ Learning Centers Booths

Complementary Nutrition Learning Center

A multi-disciplinary tabletop display with interactive components consists of three panels, each addressing a different aspect of complementary nutrition; therapeutic foods, natural remedies and integrated nutrition/lifestyle. Topics explained include functional/genetically modified foods; vitamins and minerals, herbs and botanicals, dietary supplements, the U.S. Dietary Guidelines (7th edition) and Body Mass Index. Literature accompanies the learning center, and amplifies each topic in more detail, including references and resources. Our interactive display incorporates examples of the various products covered in the learning center.

Cooking, Eating, & Living Well Learning Center

This nutrition learning center is designed to enhance participants' understanding of inter-related culinary, nutrition and lifestyle concepts. Interactive tools include everyday objects used to teach the importance of portion sizes and literature that focuses on food substitutions, alternative cooking methods and techniques, and healthy eating tips. Pre-packaged food samples and spice blends are available as promotional items.

Healthy Cook's Corner

Think cooking healthy is complicated and time consuming? This display is designed to introduce participants to the readily available food tools that make healthy cooking simple. Items such as herb mincers, fat separators, fat ladles, ricers and dicers will be used to demonstrate the ease of cooking healthfully. The Cooking Pyramid and other nutrition information is included.

Kids In The Kitchen

Planning a family-oriented health fair or company picnic? Kids in the Kitchen will give your employees and their families a fun and exciting opportunity to experience healthy nutrition and culinary practices first hand. With activities ranging from *Kids Can Cook*, *Paw Prints* and *Click Those Sticks*, kids are given the opportunity to learn while playing. Everyone loves this interactive learning experience.



A Jackie Keller Company. Since 1987

NutriFit, LLC • 11692 Gateway Blvd • Los Angeles, CA 90064 • nutrifitonline.com
310.473.1989 / 800.341.4190 • Fax 310.473.1993 • Copyright © 2010 NutriFit, LLC

Culinary and Nutrition Education with Food Sampling

Salsa Bar (hot/cold)

The Salsa Bar is designed to add a little spice to any health fair. No one will be able to resist a table with the sound of the blender whipping up non-alcoholic Margaritas. Handouts offering tips about salsa and chilies will be provided, as well as literature on herbs and spices, and fats and oils. Because some like it hot, try the Calypso Spice Blend as a promotional item.

All American Fare (hot/cold)

Whether it's a beach party, picnic or summer barbecue, All American Fare is on the menu! This health fair booth is designed to offer participants a healthy taste of new and familiar, American Fare. Handouts on recipe substitutions, barbecue/grilling tips, food and outdoor safety (such as sun exposure) will be provided. Salt free spice blends are available as promotional items.

Luau/Island Fare (hot/cold)

Longing to view a beautiful sundown or take a romp through the waves? If you ache for the islands, then Island Fare is for you. We'll make tropical foods anything but typical so participants will sway away from this health fair refreshed. Salt free spice blends, such as Calypso, are a perfect promotional item.

Pasta Bar (hot/cold)

The Pasta Bar is designed to offer health fair participants a taste of pasta's wonderful versatility. Because Italy doesn't have a monopoly on pasta dishes, we'll offer variations inspired by the cooking of European, Asian, Latin American and Middle Eastern cultures, which can be prepared onsite either hot or cold. Literature about pasta, herbs and spices, and fat and oil will be available. Spice blends used in making the pasta recipes are a great promotional item.

Safari Bar (hot/cold)

For those who dream of watching herds of elephants and zebras cross the vast Kalahari, this theme is designed to give you a true taste of the African safari experience. Culinary influences in the East African region are primarily Indian and British. Handouts on grains, vegetables and fruit selections will be provided.



A Jackie Keller Company. Since 1987

NutriFit, LLC • 11692 Gateway Blvd • Los Angeles, CA 90064 • nutrifitonline.com
310.473.1989 / 800.341.4190 • Fax 310.473.1993 • Copyright © 2010 NutriFit, LLC

Program Pricing

Services	Basic Cost*	Comments
Cooking Well™ Demonstrations	\$545 & up	≤ 50 Participants 1 Hour Demonstration
Eating Well™ Lectures Living Well™ Workshops	\$495	\$0.75 material fee / person and ≤ 1 hour
Health Fair – Nutrition/Culinary Education Booths	\$595 / \$795	Up to 4 hours / 4 – 8 hours
Health Fair – Continuous Cooking Well™ Demonstration	\$0.89 / Item / Person plus booth cost	Final cost determined by # of times chosen, length of fair, and # of estimated participants
PRSTO!™ On-site Personal Cookbooklet Generation	\$495 / \$695 Includes first 50 books	≤ 4 hours 4 – 8 hours + \$3.95/book after 50 / 100
Cooking, Eating & Living Well Cookbook	\$7.95/ While supplies last	Call for pricing on Quantities over 99
PEP Personal Eating Plan Weight Management Book & Personal Journal	\$14.95/ While supplies last	Call for pricing on Quantities over 99
Cooler Bag	\$24.95 w/ shoulder strap	Fully insulated, Logo product

***Pricing effective January 1, 2010**

Sales tax is applicable to all products and food items.

Shipping is via UPS Ground, prepaid and billed to client.



A Jackie Keller Company. Since 1987

NutriFit, LLC • 11692 Gateway Blvd • Los Angeles, CA 90064 • nutrifitonline.com
310.473.1989 / 800.341.4190 • Fax 310.473.1993 • Copyright © 2010 NutriFit, LLC

Travel, Shipping & Event Cancellation Policy

Cancellation Policy

- ❑ Events in California outside of Los Angeles and Orange Counties, actual shipping charges will be added to the total cost of the event
- ❑ Events cancelled more than 20 business days in advance - No Charge
- ❑ Events cancelled 10-19 business days in advance - 50% of event cost, no charge for food
- ❑ Events cancelled 5-9 business days in advance - 75% of event cost, 25% of food cost
- ❑ Events cancelled less than 5 business days in advance - 100% of event and food costs
- ❑ If total roundtrip travel exceeds 50 miles, mileage will be charged at a rate of \$.70 per mile
- ❑ If total roundtrip travel exceeds 1 hour, travel time will be charged at a rate of \$50.00/hour/person

Shipping

- ❑ Charges are computed from NutriFit's West Los Angeles location

Travel

- ❑ Air Travel, Car Rental, Meals & Lodging will be billed at actual cost



A Jackie Keller Company. Since 1987

NutriFit, LLC • 11692 Gateway Blvd • Los Angeles, CA 90064 • nutrifitonline.com
310.473.1989 / 800.341.4190 • Fax 310.473.1993 • Copyright © 2010 NutriFit, LLC

