



Gourmet Kitchens, Inc.

Contact:

Kristin Sutter
Marketing Manager
Gourmet Kitchens, Inc.
200 N. Artesian Street
Chicago, Illinois 60612
Ph: 312-432-6827
Fax: 312-226-3940

Kristin.Sutter@lastminutegourmet.com
www.lastminutegourmet.com

FOR IMMEDIATE RELEASE

Local Business Owner Earns Spot on National Board

Chicago business owner, Lisa Johnson, appointed to National Association of Women Business Owners®

CHICAGO—(June 18, 2007)—Local business owner, Lisa Johnson was appointed to the board of National Association of Women Business Owners® (NAWBO®). Johnson plans to apply her business sense for expansion to grow NAWBO's numbers.

"My vision for NAWBO is growth. Through my traveling and promotion of the NAWBO, I hope to solicit more businesswomen from around the nation to join this powerful organization. I also want to foster younger members to ensure future expansion—keeping NAWBO an organization I would be proud to have my daughter join some day," Johnson, president and CEO of Gourmet Kitchens, Inc. (GKI) said.

Johnson has served as the Chicago Chapter Corporate Partner Retention Committee Chair and as the Chicago liaison to the NAWBO national board for the Corporate and Economic Development Committee. Nationally, she has participated in Public Policy Days to lobby Representatives and Senators in Washington D.C. for procurement opportunities and hosted a meeting of the NAWBO National President's Advisory Board. Currently she is part of the NAWBO National Finance Committee.

GKI was founded by Johnson and her husband in April 1989 as a catering company, Last Minute Gourmet, after identifying corporate catering as an untapped market niche. Over the next ten years she and her husband grew the organization into a multi-million dollar business. In 2000 as the economy slowed down, the company decided it was time to diversify. Recognizing yet another void in the market—the company began producing fresh, gourmet, ready-to-eat food products.

Johnson, a planner and visionary, is President and CEO of Gourmet Kitchens, Inc., a manufacturer of fresh, prepared foods headquartered in Chicago. Her leadership and innovative management have allowed GKI to grow into one of the most successful organizations in the perishable industry.

- More -

Johnson and GKI have won numerous awards in recent years including the Wells Fargo Trailblazer Award in 2005, the National Association of Women Business Owners-Chicago Business Woman of the Year in 2005, the Industrial Council of NearWest Chicago's Business of the Year Award in 2004 and a Best New Product of 2006 recipient from Stagnito's New Products Magazine. Lisa has been involved with NAWBO's Chicago Area Chapter since 1993. Johnson currently resides in River Forest with her husband and daughter.

###

About NAWBO

Founded in 1975, NAWBO propels women entrepreneurs into economic, social and political spheres of power worldwide. Thirty years later, NAWBO is still the only organization that solely represents the interest of women entrepreneurs in all industries. The organization's mission is to strengthen the wealth-creating capacity of its members and promote economic development; to create innovative and effective change in the business culture; to build strategic alliances, coalitions and affiliations; and to transform public policy and influence opinion makers. Visit www.nawbo.org for more information.

About Gourmet Kitchens, Inc.

GKI manufactures a diverse line of fresh, grab and go and microwaveable products; service case salads and center of the plate entrees and sides; a full Hispanic product line and a full line of food service solutions for sale at retail stores. GKI's Just Toss It™ Salad line was recently named one of the best new products of 2006 by *Stagnito's New Products Magazine*. GKI's products can be found throughout the Midwest and on the West Coast in various chain and independent retailers.

To learn more about Gourmet Kitchens, Inc., please visit www.lastminutegourmet.com.

###