

## **PRESS RELEASE**

Today's date  
For Immediate Release  
City, State

### **Personal chefs service people with special dietary needs**

Personal chefs solve the “what’s for dinner” dilemma for busy people. Clients range from career-oriented professionals, dual-income couples, seniors who want to live independently, and singles who prefer not to cook. They know they should have healthy, well-balanced meals, but for one reason or another they resort to fast food, take-out, supermarket frozen dinners, or restaurant meals.

Personal chefs also prepare meals for people with special needs. These include invalids, new moms, and people on special diets. Some clients are home from a hospital stay and need meal assistance while recuperating or learning to follow a doctor-specified diet.

These people have the desire to eat delicious preservative-free meals, but don’t want to – or can’t – shop and prepare them. Smith not only plans customized menus, on a service day, she shops for groceries and then prepares the meals at her new commercial kitchen facility on 4<sup>th</sup> Avenue.

Susan Smith, owner of Kitchen Delights, offers all these services at an affordable cost. Smith offers a free consultation to prospective clients to discuss food preferences, type and frequency of service, and cost.

“Some clients choose a service every two weeks, others decide on less frequent services,” she explains. “They find it a relief to turn the shopping and cooking over to me. When I complete a service, the refrigerator and freezer are stocked with meals and the client has a variety of excellent meals to select from, all custom made.”

Chef Susan Smith is a graduate of XXXXXXXXX and is dedicated to excellence in the industry

For more information:  
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