

Simply Smart Food, Inc. is a culinary and nutrition company specializing in weight management and bariatric, weight loss surgery, services and programs.

Founded in 2007 by Chef Dave Fouts, "The World's First Bariatric Chef" and clinical dietitian, Vicki Bovee, Simply Smart Food has offices in the United States and Canada. Simply Smart Food LLC of Oklahoma is a leader in improving the quality and nutritional value of educational food service operations from elementary school through university-level.

Chef Dave and Vicki have worked with major companies such as Allergan Canada, Obesity Help, JourneyLite, Kellogg's, and PepsiCo. Both are advisory board members for WLS Lifestyles and Obesity Action Coalition.

They are regular contributors to "WLS Lifestyles", "Your Weight Matters" Obesity Action Coalition, and "OH Magazine" Obesity Help magazines. In addition you can find their books **Cookwise**, **Ditch Your Diet in 30 Days**, **Weight Loss Surgery Cookbook for Dummies**, **Recipes for Weight Loss Surgery Success** at your local bookstore and online.



Chef Dave Fouts



Vicki Bovee, MS, RD, LD

Chef Dave Fouts received his culinary degree in 1994 from the Florida Culinary Institute, USA. He was hired by the prestigious AAA Five Diamond Award-winning hotel "The Breakers" in Palm Beach. Other professional appointments include director of food services at Hippocrates Health Institute, one of the premier vegan/vegetarian resorts in South Florida; executive chef for Omni Hotels.

Over the last several years, Chef Dave has written, contributed and advised on several advisory boards for publications throughout the States and has authored four cookbooks. Chef Dave lectures across the country. He advises on food and product developing teams for companies such as Keebler, Uncle Ben's, Coca-Cola, PepsiCo and many others.

Vicki Bovee, MS, RD, LD, is a registered dietitian with the American Dietetic Association. She has over 25 years experience in weight loss, weight management, and in bariatric nutrition. Vicki has worked with thousands of patients in clinical, research, and business settings to help them manage their weight through lifestyle changes. Prior to combining talents with Chef Dave, Vicki was the clinical dietitian at Western Bariatric Institute, Reno, Nevada. She also held a faculty position in the University of Nevada School of Medicine. Vicki is a member of the American Dietetic Association, American Society for Metabolic and Bariatric Surgery, and Obesity Action Coalition. She currently serves on the advisory board for Obesity Action Coalition and WLS Lifestyles publications. Vicki received her master's degree in nutrition from Montana State University.

SIMPLY
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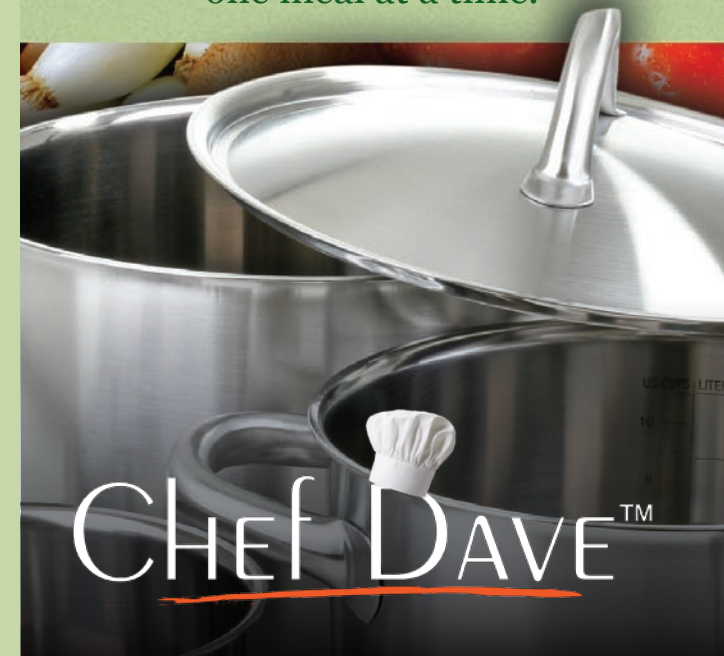
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Educating, inspiring and motivating
people to live healthier lives
one meal at a time.



www.chefdave.org

Simply Smart Food will enhance your weight management or bariatric practice by providing high quality service and tools.

At Simply Smart Food we offer our clients:

- Website content support with frequent updates including culinary information and recipes, blogs, a comprehensive interactive grocery shopping list, and monthly tips.
- Newsletter articles to complement your current publication.
- Patient nutrition education materials for weight management and weight loss surgery preoperative and postoperative patients.



Vicki consulting with Lorie



Everybody knows how to eat but not everybody knows how to cook. Chef Dave knows both!

Knowing which foods to eat and how to cook them can be a struggle when managing your weight.

Chef Dave Events

Chef Dave brings a lively 90 minute program to your location with a cooking demonstration and PowerPoint presentation. Chef Dave educates and empowers people to take control over their kitchen and eating habits. Here are a few Chef Dave events. Check our website for more topics.

- **Culinary Basics**
Chef Dave will explain cooking methods, food selection, food safety, and setting up your kitchen for success.
- **The Store Tour**
Travel through the supermarket with Chef Dave as your guide.
- **Processed Food Meals vs. Made From Scratch Meals**
Reduce the calories, fat, and sodium with easy tips to make your mealtime healthier for the whole family.
- **Holiday Eating: Who's Getting Stuffed?**
Make this holiday healthier and keep your weight in check.



Chef Dave teaches Kevin Ollie about health choices

Simply Smart Food can help your school lunch program serve more nutritious, made from scratch meals to your students.

We have the experience, recipes, menus, and training materials for you to start serving better meals to your kids. Healthier kids make for better students!

In 2007, the public school district in Edmond, Oklahoma hosted a "Chef Dave's Healthy Kids Week" at one elementary school. That success led to the implementation of a one-year pilot program at another elementary school. Processed foods were eliminated and Chef Dave's recipes were on the menu board. Student and adult participation in the lunch program increased. Fat and sodium levels in the menus were reduced while increasing fiber. Professionally trained chefs were brought into the school kitchen to train the Child Nutrition Services employees.

During the year the improvements had other schools in the district asking for recipes and menus and were given a two-day training sessions to learn cooking techniques and food safety for working with fresh foods.



Plates Full of Smiles

