



**NUTRITION
THERAPY
INSTITUTE**

Natural Food Chef Program

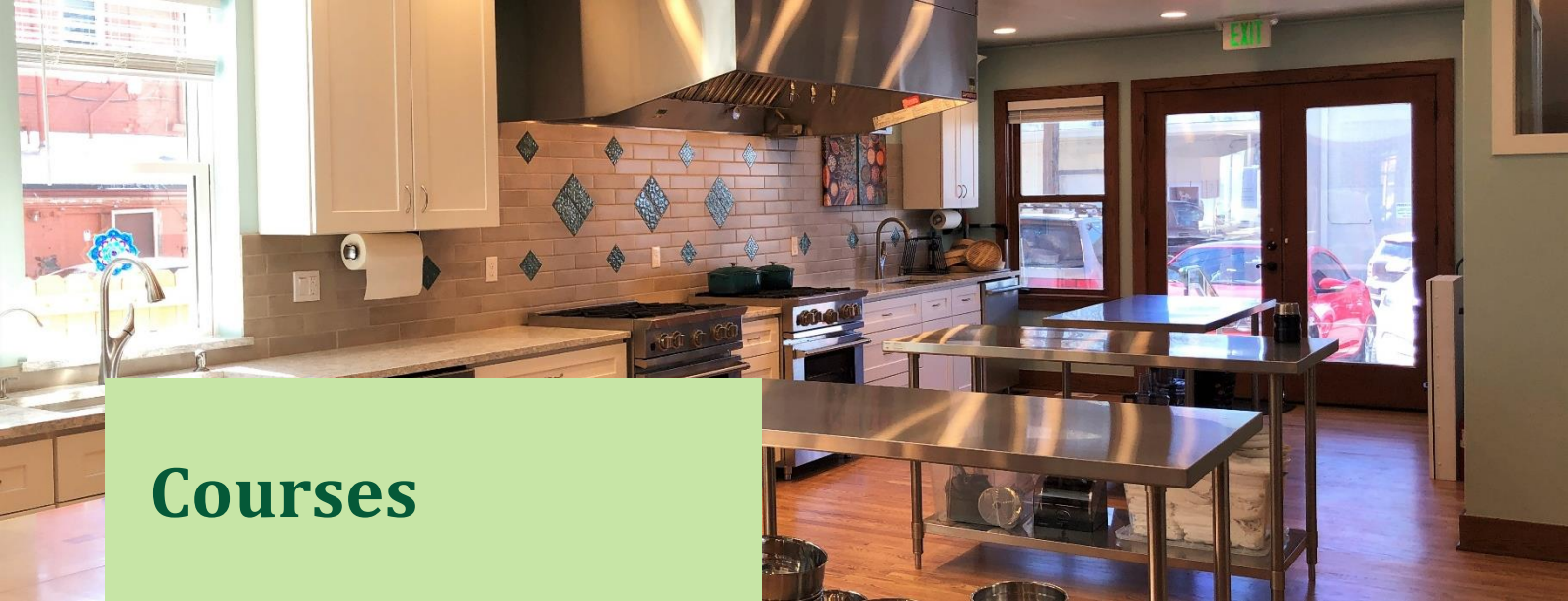
The Natural Food Chef Program combines a world class education in professional level cooking skills centered on whole foods. Students learn how to cook delicious, nutrient dense meals that promote optimal wellness and vitality. From those who envision careers as personal chefs, to existing practitioners looking to complement their current skills, to mothers wishing to improve the health of their families, the NFC program opens doors to wellness through food.

We invite you to join us.

Nutrition Therapy Institute
303-377-3974

NTISCHOOL.COM





Courses

The Natural Food Chef Program offers an opportunity to establish a relationship with food and cooking that emphasizes the health-building quality of food. We train students in the foundational skills of cooking which can then be applied to developing a hands-on understanding of world culinary traditions. Students will learn principles used in Mediterranean, Ayurvedic, Vegetarian, Vegan, Macrobiotic, and Asian cooking, just to name a few. We delve into the secret of the balance—in ingredients, in taste, and in chemistry—inherent in each tradition as the key to promoting health and vitality. Equipped with this knowledge, students are able to prepare food that meets the needs of a wide variety of people, from the already healthy, to those needing to support a particular wellness goal. With the foundation we provide, students are empowered to innovate and make lasting impacts on those they cook for.

Culinary Arts and Methods

Our Cooking Skills classes (258 contact hours) provide students with the practical knowledge of cooking fundamentals needed to succeed in a culinary career, with special emphasis on whole foods. Through lecture and demonstrations, and with emphasis on hands-on learning, students acquire a solid understanding of professional cooking principles, methods, and food handling skills.

Business Principles for the Natural Food Chef

The NFC program incorporates 32 hours (16 hours in class and 16 hours of independent study) of business training designed to help the student identify the needs of their clientele, develop marketing strategies, and actualize their goals.

Cooking to Nourish

This portion of the program consists of 78 contact hours that illuminate the properties and elements that give meals their health supportive capacity. Includes adapting recipes to feed and nourish the different organ systems in the body; food groups; vital vs. non-vital food; nutrient-dense vs. nutrient-deficient food; underlying principles and nutritional implications of vegan, vegetarian and omnivore diets; and the culinary approaches of different cultural traditions.

Independent Study

Beyond the days spent in the teaching kitchen, the NFC program includes 80 hours of Independent Study. During this time, students have the opportunity to observe professional chefs, create recipes, cater events, and design meals for clients.



Class Schedule



The Natural Food Chef Program is a 15-week program that runs twice per year: starting in either August or January. Classes meet Tuesdays, Thursdays, and Fridays from 10am–6pm.



Culinary Arts and Methods is hosted in the teaching kitchen.



Cooking to Nourish and *Business Principles for the Natural Food Chef* are hosted in the classroom.



There is an additional 80 hours of Independent Study to be completed by students.

For more details on the schedule, please see the academic calendar at ntischool.com/programs/natural-food-chef-program

"I considered traditional cooking schools, but the NFC program was perfect for me. I thrived in the small environment and embraced the school's philosophy to teach nutrition and healthy cooking techniques."

— Kelly Manning

Owner, Acorn Catering, Certified Natural Food Chef



Opportunities

Opportunities for NFC Program Graduates

The Natural Food Chef Program prepares students for many professional and private opportunities, from cooking to consulting and much more.

Our graduates are prepared to work in many areas, including:

- Personal chef in the home
- Health food restaurant chef
- Health food restaurant consultant
- Retreat chef for yoga or meditation events
- Healthy meals caterer
- Menu and meal consultant for entertainment venues
- Specialty foods chef for grocery stores
- Menu consultant for farm-to-table restaurant

"It was such a personal program. Everyone had a reason to be there for their own health issues and wellbeing or that of a loved one."

— Wendy Goodman

Certified Natural Food Chef



Faculty

NTI's Faculty is trained to the highest standards of the profession...



Dianne Koehler, MNT, HHP

NTI Director

Dianne Koehler is a graduate of NTI, long-term instructor at the school, and as Academic Dean, played an integral role in the development of our curriculum. She is passionate about teaching nutrition. Her priority for students is that they learn about how nutrients interact with the biochemistry of the human body. Dianne regularly participates in advanced training to keep on top of the new information that needs to be integrated into our courses.



Tracy Spalding, NFC

NFC Lead Chef Instructor

From the time she was a teenager, Tracy had a natural understanding and love for cooking, and she was inspired to prepare elaborate meals for her family and their friends. As an adult, she has tested recipes for a variety of cookbooks. She has studied with master teachers in Spain, Zanzibar, India and Italy, was a 2014 graduate of NTI's Natural Food Chef Program, and was quickly hired to lead cooking demonstrations, classes, and weekend workshops. Along with her role as NFC's lead chef instructor, Tracy maintains a private business, in which she caters for groups, cooks for individual clients, and teaches menu planning and kitchen arrangement and is actively involved in a number of non-profit and community cooking organizations.



Faculty

NTI's Faculty is trained to the highest standards of the profession...



Jacqui Gabel, NFC, NTMC

NFC Chef Instructor

Jacqui's passions for travel, food and human connection have led her to kitchens throughout the U.S., South America, and Asia. Wherever she goes, her favorite way to spend time is learning to cook the traditional food and enjoying a meal with the locals! After a winding career path in education, hospitality, and fashion, she decided to pursue culinary nutrition and moved to Denver in 2016 for NTI's Natural Food Chef and NTMC programs. She works as a personal chef, recipe writer, and culinary instructor, and she's excited to join the team as the NFC Chef Instructor at NTI to share the opportunity of optimal wellness through nutrition.



Amber Frazier, NFC, NTMC

NFC Chef Instructor

Amber is a passionate, technique-driven chef. Ever since she can remember, it has always been about food for Amber. As a Nutrition Therapist Master and Natural Food Chef, she brings her love of the science behind cooking and nutrition to the classroom. She takes great joy in being able to share her knowledge of nutrition and practical skills in the kitchen with students. In her spare time, you can find her in the kitchen tinkering with a new recipe, reading about food and/or nutrition, or outside enjoying nature.



Admission & Enrollment

Admission to NTI is based on our assessment of your ability to succeed in the program and ultimately to see you using the chef training to enhance your professional expertise. Our students come from a wide range of professional experience and educational credentials. Ages may range from early 20s to late 60s. We anticipate that many of our students will have studied cooking on an informal basis and are motivated by their passion for the subject as well as a desire to help people.

Application Process

Students may apply for admission to the Institute at any time. A complete application package will require:

- Go to the NTI website at <https://learn.ntischool.com> and click *Start Your Application* to create profile.
- Deposit* (10% of total program costs)
- Natural Food Chef Program Enrollment agreement
- Application fee of \$115
- Personal resume to include professional and educational experience
- Letter of intent to include personal and professional goals you expect to achieve at NTI
- A letter of professional recommendation highlighting your characteristics and achievements that support your ability to complete the program successfully
- Official transcripts of college experience, training programs, seminars, and certificates. Please have all official transcripts sent directly to NTI
- In lieu of the above, NTI requires a copy of a high school or equivalency diploma

Applications will be reviewed as soon as all paperwork is submitted. An admissions representative will be available to answer any questions and discuss your acceptance. A deposit and full payment or signed payment plan will reserve a space in class for you. Early registration is encouraged as space is limited.

** A minimum number of enrolled students are needed in order to offer the NFC program each term. If the minimum number of students is not reached, students will receive a full refund of the application fee, deposit, and any tuition paid. If the minimum number of students is reached, NTI will notify all enrolled and/or registered students that the NFC program will occur that term. Students will then have 3 business days to cancel their enrollment agreement and/or registration via email and be able to get their 10% deposit refunded. After this 3-day period, the 10% deposit will become non-refundable even if the student withdraws or cancels before the first day of class.*



Tuition

Tuition and Fees

The Natural Food Chef Program consists of the following Contact Hours:

Tuition: \$13,500

Application Fee: \$115

Total: \$13,615

Culinary Arts and Methods	258 hours
Cooking to Nourish	78 hours
Business Principles for the NFC	32 hours
Independent Study	80 hours
Total Contact Hours	448 hours

Payment Plans

Tuition for the program class may be broken up into a payment plan. A payment plan may be created for up to 4 payments over the term of the program. A \$15 installment fee is attached to each payment; however, there is no interest besides this fee.

“Nutrition Therapy Institute’s Natural Food Chef Program was a comprehensive, well-structured, rigorous program that absolutely changed my life. In a few short months, my eyes were opened to a whole new world about food and wellness. This experience became the launching pad for a new career”

— Shelley Hilleshein

Certified Natural Food Chef, Owner, A Nourish Life



Credentials

Private Occupational School

All programs and courses offered by Nutrition Therapy Institute are approved and regulated by the Colorado Department of Higher Education, Private Occupational School Board. In its regulatory role, the Private Occupational School Board assures the student that the institution has an approved program of study, operates on a sound financial basis, has qualified instructors, approved recruitment and admission policies, and promotes its courses truthfully.



COLORADO
Department of
Higher Education

Bonded

NTI is bonded in compliance with the State of Colorado. NTI holds a surety bond in order to protect students against a loss of tuition fees should the school cease operations.

NANP Recommended School

NTI is a recommended school of the **National Association of Nutrition Professionals (NANP)**. The NANP is the only professional business league wholly dedicated to furthering the cause, education and standards of the holistic nutrition industry.





Our Natural Food Chef Program restores the value of preparing real meals from real food for real people.

We support our local organic farmers and cook fresh food from the land. NTI is committed to training students in Natural Chefsing and with an emphasis on nutrient density and welcomes those who are looking to improve their health, the health of their loved ones and the health of their community.

For More Information

To learn more about NTI and the Natural Food Chef Program, please call 303-377-3974 or visit our website: www.ntischool.com

Our admissions counselors would be happy to meet with you, either in-person or on the phone. We welcome you to visit the school and sit-in on a class.



**NUTRITION
THERAPY**
INSTITUTE

Nutrition Therapy Institute

Creating Optimal Health Through Nutrition Education
5613 Olde Wadsworth Blvd., Arvada, CO 80002
303-377-3974