



Ovens to Betsy!
Personal Chef Service

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FOR IMMEDIATE RELEASE

Food for Thought: Survive the 'Holidaze' by Hiring a Personal Chef

Whether preparing nutritious weeknight dinners or the holiday turkey with all the trimmings, your personal chef can save you time and reduce stress

SEATTLE (October 17, 2002) — It's baa-aack! It's that time of year when days become shorter, nights become colder, moods become more festive, and – inevitably – errands seem endless. Combine that with the constant barrage of goodies extending from Halloween's trick or treating through New Year's bubbly celebrations, and it's no wonder many view this time of year as the "holidaze." This year, rather than let the season overwhelm you, enjoy it by having a personal chef relieve you of your cooking burdens.

Feeling harried and overwhelmed was an all too common routine for Jim and Lynn Fisher of Seattle. Jim, an independent mortgage broker, spends much of his day meeting with clients and real estate agents. Lynn's day isn't much better, as her job with a local television station keeps her in the office until the early evening. This relentless schedule leaves precious little time for them to prepare and enjoy home-cooked meals, let alone to relax. In the past, dinner often meant turning to fast food or deli takeout. That is, until they hired personal chef Betsy Rogers of Ovens to Betsy.

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Delectable dishes prepared to your wishes

“Chef Betsy has been a godsend,” Lynn says. “She not only prepares our meals, she plans all of our menus and shops for the groceries. We now have more time to unwind at the end of the day, which allows us to focus on getting caught up with each other’s activities rather than worrying about what to have for dinner.”

Rogers comes to the Fishers’ home every four to six weeks to prepare a month of entrées and side dishes. She brings all the necessary cookware, utensils and storage containers to prepare the meals; the dinners are then packaged up and stored in the refrigerator and freezer. Within minutes of coming home, the Fishers are enjoying an authentic home-cooked meal.

“Today’s uncertain times have caused many people to look for ways to simplify their lives to allow them to spend more time with their families,” Rogers said. “When it comes to the question of what to have for dinner, my clients have found that hiring a personal chef is a convenient – and affordable – answer, allowing them to sit down to a healthy and delicious meal without the time and hassle of preparing it themselves. This is especially important during the holidays, which can bring on an overpowering feeling of responsibility to make everything picture-perfect.”

According to the Mayo Clinic, the keys for preventing the season’s stresses from ruining your holiday cheer include planning ahead, delegating tasks to others, getting lots of rest and maintaining healthy eating habits. By having a personal chef service such as Ovens to Betsy take over the weeknight and holiday dinner planning, people can focus on more important priorities, whether it’s spending time with their families, or merely taking a few precious moments for themselves.

Rogers can not only handle the menu planning, grocery shopping and cooking for her clients' weeknight dinners, she also can create an entire holiday meal with all the trimmings, enabling them to relax and enjoy the season (she also won't mind if they want to take the credit). A 10-day personal chef service for two starts at \$325, and that includes the cost of groceries. Menus and rates for holiday dinner parties are flexible; contact Chef Rogers at (206) 788-0280 to receive a quote.

About Ovens to Betsy

Disillusioned with her 12-year career in high tech public relations, Chef Betsy Rogers formed Ovens to Betsy! Personal Chef Service in December 2001 as an easy way for busy professionals to enjoy a home-cooked meal. Chef Rogers is a Certified Personal Chef with the U.S. Personal Chef Association (USPCA), president of the USPCA's Puget Sound chapter and a graduate of the U.S. Personal Chef Institute and Bon Vivant School of Cooking in Seattle. For more information, contact Chef Betsy Rogers at (206) 788-0280 or visit her website at www.ovenstobetsy.com.