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Mission

Living Light Culinary Institute is an organization of dedicated individuals devoted to sharing knowledge about healthful, vibrant living and transformation of body, mind and spirit.

Living Light Culinary Institute educates and inspires people to create delicious, health-promoting foods for themselves and their families, instruct others in the benefits of the raw vegan lifestyle and reach the highest standards of leadership and professionalism in the field of raw culinary arts and nutrition.

 исполняет цели, которые связаны с здоровым и сбалансированным образом жизни, а также развития тела, ума и духа. Он также обучает людей создавать вкусные и здоровые блюда и пропагандирует преимущества raw-диеты, а также стремится к достижению наивысших стандартов лидерства и профессионализма в области raw-кулинарии.

The Living Light Statement of Purpose is

“Making healthy living delicious.”

Objective

Living Light Culinary Institute’s objective is to provide quality education that provides the knowledge, skills and confidence required for personal and/or professional development in the raw culinary arts field.

Цель Living Light Culinary Institute – предоставить качественное образование, которое даст людям необходимые знания, навыки и уверенность в себе для личностного и/или профессионального развития в области raw-кулинарии.
Living Light Culinary Institute's approval to operate in the State of California is based on provisions of the California Private Postsecondary Education Act (CPPEA) of 2009, which was effective January 1, 2010. The Act is administered by the Bureau for Private Postsecondary Education (BPPE), under the Department of Consumer Affairs. Living Light Culinary Institute is a private institution and is approved to operate by the Bureau, which means a school is in compliance with the California Private Postsecondary Education Act of 2009.

The Bureau for Private Postsecondary Education can be reached at 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833, www.bppe.ca.gov, or their toll-free telephone number 888.370.7589 or by fax 916.263.1897.

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. Before Living Light International can accept any deposit or monies for a program, you must sign and return the Enrollment Agreement to our office. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

Any questions a student may have regarding this catalog that has not been satisfactorily answered by the school may be directed to:

Bureau for Private Postsecondary Education
P.O. Box 980818
West Sacramento, CA 95798-0818
Phone: 888.370.7589
Fax: 916.263.1897
www.bppe.ca.gov
Living Light Culinary Institute’s campus is approximately 6,000 square feet. The facility consists of a commercial kitchen, culinary studio, lecture hall/student dining room, classroom and administrative offices. All courses are taught at 303-D North Main Street, Fort Bragg, California 95437.

Equipment utilized in the training programs include: timers, measuring spoons, metric cups, teaspoons, tablespoons, brushes, sprout/nut milk bags, vegetable peelers, piping bags, tomato sharks, garlic presses, whisks, bamboo sushi rollers, microplanes, mandolines, spiral slicers, plastic strainers, high-speed blenders, plungers for blenders, small vessels, Cuisinart food processors, S-blades, shredder blades, V-slicers, citrus juicers, measuring cups, squeeze bottles, graters, spatulas, mixing spoons, board scrapers, rolling pin dowels, ceramic slicers, knife sharpeners, scissors, metal strainers, rulers, cutting boards, glass pans, mixing bowls, pans, jars, and dehydrators.
Admission into any of the school programs require all prospective students must be a minimum age of 18 and have a high school diploma or General Education Diploma (GED). Students must provide Living Light a copy of their high school diploma or GED certificate, or transcripts from two academic classes from a post-secondary institution showing evidence of a High School Diploma or General Education Certificate.

Admission procedures include meeting with an Enrollment Advisor to review career goals, programs offered, school policies and procedures (school catalog), the school performance fact sheet, graduation requirements and English language proficiency.

If a prospective student meets the admission requirements and is accepted into a program, an enrollment agreement will be executed.

ENGLISH LANGUAGE REQUIREMENT

Living Light Culinary Institute (LLCI) does not offer visa services to prospective students from other countries or English language services. Living Light Culinary Institute does not offer instruction in any language other than English.

Students who originate from a country where the primary spoken language is not English will be required to show a level of English language proficiency by passing the TOEFL Exam or by submitting transcripts documenting at least two terms of English in post-secondary, adult, college, or university schools. Since courses are taught in English, this test or proof of previous English education is required to ensure that the student has sufficient English language skills to benefit from the instruction offered at LLCI.

The TOEFL test is administered by a third party testing company called Educational Testing Service (ETS). ETS has locations worldwide where the paper test can be taken. They also offer a PC application and a web version of the test. The student needs to contact ETS directly to take the test and then have the test score forwarded to LLCI. The student directly pays ETS for all testing fees. More information can be found at www.ets.org/toefl.

Living Light requires one of the following TOEFL test scores to show sufficient English language proficiency to attend classes:

- A score of 480 on the paper-based TOEFL test —OR—
- A score of 157 on the computer/PC-based TOEFL test —OR—
- A score of 54 on the internet-based TOEFL test
TRANSFER OF CREDIT

Living Light Culinary Institute does not accept hours or credit earned at other institutions, through challenge examinations or achievement tests, or experiential learning.

Living Light Culinary Institute has not entered into a transfer or articulation agreement with any other college or university.

Certification programs can be taken consecutively or individually within a twenty-four month period.

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at Living Light Culinary Institute is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in Raw Culinary Arts Associate Chef and Instructor Certification™, Pastry Arts-Unbaked!” Certification, Gourmet Raw Food Chef Certification™, Raw Culinary Arts Professional Chef Certification™, or Advanced Raw Food Nutrition Educator Certification™ is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Living Light Culinary Institute to determine if your certificate will transfer.
Raw Culinary Arts Associate Chef and Instructor Certification™

Program Length: 153 hours (20 days)
Award: Certificate
Potential Occupations: Raw Food Instructor or Apprentice Chef

The highly-regarded Raw Culinary Arts Associate Chef and Instructor Certification™ is designed for all levels of expertise, from novice to professional. This program consists of six classes beginning with a one-day intensive that includes demonstrations of a variety of techniques and the use of equipment necessary in a raw food kitchen. There are sixteen culinary presentations from sprouting and fermenting to preparing recipes from appetizers to desserts. Following this is a full day of hands-on, practical knife skills designed to provide confidence and expertise in raw food preparation. Next, students spend 5 action-packed days of hands-on experience using a variety of culinary skills including recipe development and flavor balancing. Then, students complete a two-day course in raw vegan nutrition to develop the foundation for the final 2 weeks of the Raw Culinary Arts Associate Chef and Instructor™ Certification focused on all-around chef skills and culinary techniques, recipe production and development, Food Styling, and finally, learning how to teach raw culinary arts to others.

<table>
<thead>
<tr>
<th>COURSE</th>
<th>Hours</th>
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<tbody>
<tr>
<td>FUNdamentals of Raw Living Foods™</td>
<td>8</td>
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<tr>
<td>Sharpen Up Your Knife Skills™</td>
<td>8</td>
</tr>
<tr>
<td>Essentials of Raw Culinary Arts™</td>
<td>37</td>
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<tr>
<td>Raw &amp; Vegan Nutrition Level 1™</td>
<td>12</td>
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<tr>
<td>Raw Culinary Arts Associate Chef and Instructor Training™</td>
<td>80</td>
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<tr>
<td>Food Styling</td>
<td>8</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td><strong>153</strong></td>
</tr>
</tbody>
</table>

Refer to the Living Light Culinary Institute Tuition and Fees tables on pages 35-36 for complete certification program cost.

Refer to the List of Student Books & Supplies on page 37 for required items cost.
Pastry Arts—Unbaked™ Certification

**Program Length:** 180 hours (24 days)  
**Award:** Certificate  
**Potential Occupations:** Raw Pastry Chef, Raw Food Instructor, Raw Food Coach

This enhanced culinary program focuses on raw vegan dessert production through a combination of theory, demonstration and practical hands-on training. Students learn the principles involved in the use of binders, thickeners, emulsifiers and gelling agents; how to choose the right sweeteners and fats for a variety of classic pastry recipes and discover the secrets of making exquisite raw desserts that taste even better than famous cooked desserts! Students create a variety of professional looking and sublime tasting gourmet raw desserts to tantalize the palate without compromising health!

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<thead>
<tr>
<th>COURSE</th>
<th>Hours</th>
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<tr>
<td><strong>Prerequisite Courses:</strong></td>
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<tr>
<td>Raw &amp; Vegan Nutrition Level 1™</td>
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<tr>
<td>Raw Culinary Arts Associate Chef and Instructor Training™</td>
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<tr>
<td>Food Styling</td>
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<td><strong>Required Course:</strong></td>
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<td>Pastry Arts—Unbaked!™</td>
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<td><strong>Total</strong></td>
<td>180</td>
</tr>
</tbody>
</table>

Refer to the Living Light Culinary Institute Tuition and Fees tables on pages 35-36 for complete certification program cost.

Refer to the List of Student Books & Supplies on page 37 for required items cost.
Gourmet Raw Food Chef Certification™

**Program Length:** 288 hours (39 days)

**Award:** Certificate

**Potential Occupations:** Raw Food Instructor, Apprentice Chef or Sous Chef, Raw Food Recipe Developer, Raw Food Book Recipe Writer, Private Raw Food Chef, Private Culinary Consultant, or Start a Raw Food Business

This all-inclusive series of courses takes students to the next level of confidence and expertise: exploring world cuisines, developing recipes, transforming traditional cooked dishes into health-promoting gourmet raw cuisine, organizing large events, advanced pastry artistry, and learning about the science of raw and vegan nutrition. Go home empowered and confident in the ability to produce incredible new dishes without the need for recipes. Learn to write recipes suitable for publishing. Once the Associate Chef and Instructor Certification™ Series is completed, the following subsequent courses may be taken within two years.

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<tr>
<th>COURSE</th>
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</thead>
<tbody>
<tr>
<td><strong>Prerequisite Courses:</strong></td>
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<tr>
<td>FUNdamentals of Raw Living Foods™</td>
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<tr>
<td>Sharpen Up Your Knife Skills™</td>
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<td>Raw Culinary Arts Associate Chef and Instructor Training™</td>
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<td>Food Styling</td>
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<td><strong>Required Courses:</strong></td>
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<tr>
<td>Pastry Arts—Unbaked!™</td>
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<tr>
<td>Ethnic Flavors in Recipe Development™</td>
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<td>RawFusion Gourmet Spa Cuisine™</td>
<td>36</td>
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<tr>
<td>Raw Event Catering and Elegant Entertaining™</td>
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<td><strong>Total</strong></td>
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</tr>
</tbody>
</table>

Refer to the Living Light Culinary Institute Tuition and Fees tables on pages 35-36 for complete certification program cost.

Refer to the List of Student Books & Supplies on page 37 for required items cost.
Raw Culinary Arts Professional Chef Certification™

**Program Length:** 2,000 hours (320 days)

**Award:** Certificate

**Potential Occupations:** Raw Food Instructor, Executive Chef, Raw Food Recipe Developer, Raw Recipe Book Writer, Private Raw Food Chef, Private Culinary Consultant, Raw Food Business Owner, Raw Food Kitchen Management, Food Designer, or Pastry Chef

The Raw Culinary Arts Professional Chef Certification™ is awarded to individuals who demonstrate creativity, expertise and experience in every aspect of raw culinary arts, including kitchen management, food design, recipe and menu development, large event catering, pastry arts, and raw vegan nutrition.

This is a comprehensive one year training program, in-residence at Living Light, that is available only to students who have completed their Gourmet Raw Food Chef Certification™. Students may only apply for admission to the program after they have completed their Gourmet Raw Food Chef Certification™.

Once admitted to the program, students are also required to complete all remaining certifications available through Living Light Culinary Institute. Students may schedule a leave of absence* from the program to complete additional courses with the Culinary Programs Manager's approval.

The one-year training program is comprised of four quarters**:

1. **Kitchen Introduction and Integration**
2. **Sous Chef**
3. **Pastry Chef**
4. **Kitchen Management**

Upon completion of the four quarters, a comprehensive written and practical examination will follow.

Each quarter has prerequisite course completion requirements with some courses which can be taken upon completing the four quarters but must be completed prior to taking the final examinations (see details on pages 19–21). Space in this program is limited.

*Leave of Absence: Please note taking a leave to complete courses will extend the time necessary to complete the professional chef certification.

**Quarters do not necessarily correspond to calendar quarters.
## Raw Culinary Arts Professional Chef Certification™

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<thead>
<tr>
<th>COURSE</th>
<th>Hours</th>
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<tr>
<td><strong>Prerequisite Courses/Certifications:</strong></td>
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<tr>
<td>FUNdamentals of Raw Living Foods™</td>
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<td>Sharpen Up Your Knife Skills™</td>
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<td>Raw &amp; Vegan Nutrition Level 1</td>
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<td>Raw Culinary Arts Associate Chef and Instructor Training™</td>
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<td>Food Styling</td>
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<td>Pastry Arts—Unbaked!™</td>
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<tr>
<td>Ethnic Flavors in Recipe Development™</td>
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<td>RawFusion Gourmet Spa Cuisine™</td>
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<td>Raw Event Catering and Elegant Entertaining™</td>
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<td><strong>Required:</strong></td>
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<td>Advanced Raw Food Nutrition Educator Certification™</td>
<td>103</td>
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<tr>
<td>Raw Culinary Arts Associate Chef and Educator Training™ Level II</td>
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<td>Internship</td>
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Refer to the Living Light Culinary Institute Tuition and Fees tables on pages 35-36 for complete certification program cost.

Refer to the List of Student Books & Supplies on page 37 for required items cost.
Advanced Raw Food Nutrition Educator Certification™

Program Length: 103 hours (15 days)
Award: Certificate
Potential Occupations: Raw Food Health Presenter, or Raw Food Nutrition Educator

The Living Light Culinary Institute is proud to offer a certification program exploring the benefits of a raw and vegan diet and the impact it has on overall health and well-being. This groundbreaking series of courses is designed by Living Light Nutrition Faculty members, Vesanto Melina, MS, RD and Brenda Davis, RD. Brenda and Vesanto are the leading experts in the field of vegan and raw food nutrition. Between them, they have written over a dozen books, including Becoming Vegan, Becoming Raw, and The Raw Food Revolution Diet. No other raw vegan nutrition course can match the comprehensive curriculum and level of experience these two women bring to our plant-based nutrition program. The knowledge that you will gain will prove invaluable to you in your life and your work and can help you help others.

This 3-part series culminates in an Advanced Raw Food Nutrition Educator Certification. In this series of courses you will have your questions answered regarding the role of nutrition and the consequences of our food choices, as well as common fallacies regarding raw food and plant-based nutrition. You will also learn how to prepare menus for a variety of conditions and how to build a health-based business that can benefit others.

This research-based curriculum is suitable for raw foods enthusiasts, as well as for those who are simply increasing their intake of raw plant foods. Whether you are interested in nutrition for your own personal health or weight-loss concerns, or you aspire to be—or are currently—a health professional, this course will enrich your life and provide you with the confidence to influence others in a positive way. These classes are excellent for chefs, health professionals, wellness practitioners, lifestyle coaches, yoga and massage therapists, and anyone who wants a science-based foundation in nutrition.

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<tr>
<td><strong>Prerequisite Courses:</strong></td>
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<td><strong>Required Courses</strong></td>
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<td>Raw &amp; Vegan Nutrition Level 2™</td>
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<td>Raw &amp; Vegan Nutrition Level 3: Educator Training™</td>
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<td><strong>Total</strong></td>
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</table>

Refer to the Living Light Culinary Institute Tuition and Fees tables on page 35-36 for complete certification program cost.
Refer to the List of Student Books & Supplies on page 37 for required items cost.
**FUNdamentals of Raw Living Foods™**

In this entry-level demonstration-only class, discover the magic of creating fabulous organic raw vegan cuisine for optimum health and rejuvenation! Sixteen superb culinary presentations will show you everything you need to know to create a wide variety of delicious, easy-to-prepare raw recipes. Sample freshly made raw taste sensations including appetizers, fruit smoothies, soups, sauces, salads and salad dressings, simple entrees, patés, wraps and rolls, nut milks, nondairy cheeses, crunchy crackers, dehydrated goodies, and amazing desserts. Learn sprouting techniques and how to use the equipment and supplies for a raw kitchen. Even a professional chef will encounter a whole new world of food-preparation skills that are specific to raw cuisine. **FUNdamentals of Raw Living Foods™** is the first step toward a new culinary awakening! Also available online.

Hours: 8  
Prerequisite: None required.

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**Sharpen Up Your Knife Skills!™**

Good knife skills are the foundation of culinary art. Textures created by skilled cuts influence not only the appearance of food but also the flavor and mouthfeel. This one-day course takes a progressive approach to the development of knife skills through a combination of demonstration and hands-on practice. This class will help you gain much more confidence in your knife skills and become more efficient in meal preparation, even as a recreational chef. Premium MAC Santoku style knives are provided for use during the course. This class is required for **Associate Chef Instructor Training Certification, Gourmet Chef Certification** and **Professional Chef Certification**, but is open to the public with no prerequisites required. Also available online.

Hours: 8  
Prerequisite: None required.
**Essentials of Raw Culinary Arts™**

*Essentials* offers the unique opportunity to work hands-on with some of the world’s most outstanding raw food chefs and teachers. The course provides you with ample personal attention and assistance with individual goals. Become confident with knife skills and familiar with kitchen equipment and time-saving gadgets of all kinds. This five-day hands-on course expands on FUNdamentals of Raw Living Foods™ and Sharpen Up Your Knife Skills™ and provides the foundation necessary to attend our *Raw Culinary Arts Associate Chef and Instructor Training™*. Learn how to develop recipes; combine herbs and spices to create both classic and ethnic flavors without using recipes; balance textures and flavors within individual recipes or across entire menus; sprout grains, seeds, and legumes; make luscious meals; recipe writing guidelines, create raw versions of cooked food recipes; organize and manage a raw food kitchen, and much more! Also available online.

Hours: 37  
Prerequisite: FUNdamentals of Raw Living Foods™, Sharpen Up Your Knife Skills™.

**Raw Culinary Arts Associate Chef and Instructor Training™**

In this ten-day hands-on training in all aspects of gourmet raw vegan cuisine, students learn to prepare delicious, nourishing recipes without giving up the flavor, texture, appearance, or satisfaction of the cooked dishes they love. A variety of popular comfort foods are prepared, including fresh garden pizza, burgers, lasagna, pasta, enchiladas, wraps, quiche, breads, pies, cakes, candy, and other gourmet delights. Students also delve deeper into recipe development and recipe writing, flavor dynamics, and gastronomy. The teacher training portion of the program includes organizing and presenting successful raw food demonstrations and learning how to give a professional culinary presentation.

Hours: 80  
Prerequisite: FUNdamentals of Raw Living Foods™, Sharpen Up Your Knife Skills™ and Essentials of Raw Culinary Arts™.

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Refer to the Living Light Culinary Institute Tuition and Fees tables on page 35-36 for complete certification program cost.

Refer to the List of Student Books & Supplies on page 37 for required items cost.
Food Styling

Discover the basics of food styling using color, texture, and contrast in this one-day hands-on workshop. You will learn dozens of tips and tricks that will enable you to plate dazzling dishes and capture the beauty of your culinary creations in photographs. All the techniques you explore in this class will help you showcase your culinary talents on a website, blog post, eBook, or brochure. You’ll learn saucing, positive use of negative space, and how to build height and add the illusion of movement to a plated dish. Learn elements of design, including how to choose appropriate tableware and props for photos. This is a valuable and important class for anyone who understands that we first feast with our eyes before food ever passes our lips. To run concurrently with Raw Culinary Arts Associate Chef & Instructor Training.

Hours: 8
Prerequisite: none required.
Note: Food Styling is a required course for the Raw Culinary Arts Associate Chef and Instructor.

Pastry Arts-Unbaked!™

Explore the fabulous world of gourmet raw desserts and advanced pastry artistry. Discover secrets of making exquisite raw desserts often better tasting than cooked desserts! In this hands-on course, learn techniques for using various sweeteners, thickeners, binders, gelling agents, and emulsifiers to create extraordinary gourmet sweet confections. You’ll dazzle your friends with a variety of professional looking and sublime tasting gourmet raw desserts to tantalize the palate without compromising your health!

Hours: 27
Prerequisite: Raw Culinary Arts Associate Chef and Instructor Certification™.
Note: Pastry Arts-Unbaked!™ is a required course for the Pastry Arts—Unbaked!™ Certification and Gourmet Raw Food Chef Certification™.

Ethnic Flavors in Recipe Development™

An empowering five-day advanced training course designed for our Associate Chef and Instructor graduates. Receive personal guidance from outstanding chefs and instructors while traveling the world of Ethnic Flavors to India, Southeast Asia, the Mediterranean, and other exotic locales. Explore the tastes and textures of each region to prepare its cultural cuisine. Learn to write recipes suitable for publication and to create incredible new dishes without the need for recipes.

Hours: 36
Prerequisite: Raw Culinary Arts Associate Chef and Instructor Certification™.
**RawFusion Gourmet Spa Cuisine™**

In this course, experience the light and luscious fare served at healthy lifestyle retreats in exotic locations. *RawFusion Gourmet Spa Cuisine™* is designed to support an active lifestyle. Starting with very simple ingredients, learn how to combine textures and flavors to produce a wide array of exotic dishes and gourmet feasts!

Hours: 36  
Prerequisite: Ethnic Flavors in Recipe Development™ and Raw Culinary Arts Associate Chef and Instructor Certification™.

**Raw Event Catering and Elegant Entertaining™**

Cater raw food events from intimate appetizer parties for 10 to elegant weddings for 100 or more. Learn about menu planning, organizing, budgeting, pricing, negotiating contracts, and managing your catering team. Discover secrets of plating and presentation used to create beautiful everyday meals or elegant dinner parties. Learn to create stunning buffets and beautifully presented meals. Gain hands-on experience catering an organic gourmet raw vegan lunch for the local community.

Hours: 36  
Prerequisite: Raw Culinary Arts Associate Chef and Instructor Certification™.
Raw Culinary Arts Associate Chef and Instructor Training™ Level II

This two-week course is designed to provide increased confidence in all aspects of raw vegan food preparation and teaching culinary classes, plus hands-on commercial kitchen experience, food service management, and leadership training. Students will divide their time between the classroom; watching lectures and participating in hands-on food production, and the Living Light food service kitchen—preparing meals, working with professional staff and developing improved organization and presentation skills. The emphasis on practical hands-on experience is designed to assist students in meeting their career goals. This course is a prerequisite for Raw Culinary Arts Professional Chef Certification™ Training.

Hours: 82
Prerequisite: Raw Culinary Arts Associate Chef and Instructor Certification™.

Raw Culinary Arts Professional Chef™ Training Program

The Raw Culinary Arts Professional Chef™ Training Program is designed for those graduates seeking more in-depth training in raw food preparation or for those graduates pursuing the Raw Culinary Arts Professional Chef Certification™. The written application and oral interview for the training program may be scheduled upon completion of both the Gourmet Raw Food Chef Certification™ and Pastry Arts—Unbaked!™ Certification.

The training program is designed to focus on teaching raw culinary arts or mastering professional gourmet raw cuisine preparation. It is comprised of four specialized modules conducted at the Living Light Culinary Institute in Fort Bragg, California. Students may only apply for admission to the program after they have completed their Gourmet Raw Food Chef Certification™.

In addition to assisting culinary instructors, demo coordinators, chefs and other kitchen staff, the Raw Culinary Arts Professional Chef™ trainee will have an opportunity to repeat courses or parts of courses necessary for required improvement and advanced practice at no additional cost.

Quarter 1: Kitchen Introduction and Integration – focus on areas from kitchen organization and mise en place to assisting instructors in demonstrations for courses such as FUNdamentals of Raw Living Foods™. This is the first quarter of the one year Raw Culinary Arts Professional Chef™ Training Program.
Quarter 2: Sous Chef – assist the culinary programs manager to support the school food production. Work closely with incoming trainees and students. This is the second quarter in the one-year Raw Culinary Arts Professional Chef™ Training Program.

Hours: 500
Prerequisite: Quarter One of the Raw Culinary Arts Professional Chef™ training program.

Quarter 3: Pastry Chef – master raw pastry production and raw pastry culinary instruction. Learn to create treats for the public and the school by assisting instructors while other students learn. This is the third quarter of the one-year Raw Culinary Arts Professional Chef™ Training Program.

Hours: 500
Quarter One and Quarter Two of the Raw Culinary Arts Professional Chef™ training program.

Quarter 4: Kitchen Management – work closely with the directors and culinary programs manager, to oversee the daily organization and management of the kitchen. Under the direction of the Culinary Programs Manager, learn supervisory skills by coordinating both food preparation and kitchen staff. This is the final quarter in the one-year Raw Culinary Arts Professional Chef™ Training Program.

Hours: 500
Prerequisite: Quarter Three of the Raw Culinary Arts Professional Chef™ training program.

The 2,000-hour Raw Culinary Arts Professional Chef™ Training Program is designed to be completed over the course of 12 to 18 months. Space is limited in the Raw Culinary Arts Professional Chef™ Training Program and candidates assessment include their application, interview, and instructor evaluations during their Gourmet Raw Food Chef Certification™.

Assessment meetings between the trainee and the advisor will determine what level of classroom participation is appropriate. During these meetings, the professional chef trainee and the advisor will review and evaluate the trainee’s status and design the program to meet the trainee’s individual needs. In addition to theory and hands-on class work, home study (including recipe development and testing, menu planning, writing book reviews, etc.) is required.
Each quarter has prerequisite course completion requirements as listed with certain courses which can be taken upon completing the four quarters but must be completed prior to taking final examinations.

The one-year training program is comprised of four quarters**:

1. *Kitchen Introduction and Integration*
2. *Sous Chef*
3. *Pastry Chef*
4. *Kitchen Management*

This will ensure that the professional chef applicant is prepared for each quarter which builds upon the next.

Students are also required to complete all remaining certifications available through Living Light Culinary Institute. Students may schedule a leave of absence* from the program to complete additional courses with the Culinary Programs Manager’s approval.

Candidate can start in any month, however, certain courses may only be offered certain times of the year, therefore, candidate must pay particular attention to the completion of pre-requisites.

A passing grade for all assignments, including the final written exam and culinary practical exam, is a requirement to earn the Raw Culinary Arts Professional Chef Certification™.

**Hours:** 2,000

**Prerequisites:** Gourmet Raw Food Chef Certification™ and Pastry Arts—Unbaked!™

*Leave of Absence: Please note taking a leave to complete courses will extend the time necessary to complete the professional chef certification.

**Quarters do not necessarily correspond to calendar quarters.
Raw & Vegan Nutrition Level 1™

This course provides a broad and comprehensive understanding of plant-based nutrition that is fundamental to creating an optimal raw food and vegan diet. The material is suitable for raw foods enthusiasts who are fine tuning their diets as well as for those who are simply increasing their intake of raw plant foods. It is an excellent course for chefs, health professionals, and those who want a science-based foundation in nutrition. We will answer questions such as:

- Can we survive and thrive, nutritionally, on a raw vegan diet?
- What are the various types of raw food diets? Are some better than others?
- How will we get enough protein?
- Does a plant based diet provide every one of the essential amino acids?
- How can we meet our recommended intake for iron and avoid anemia?
- Can raw food diets supply sufficient calcium and vitamin D for optimal bone health?
- Does a plant-based diet supply sufficient iodine, zinc, and other trace minerals?
- Do we need vitamin B12 supplements?
- Are carbohydrates good or bad?
- How can we best maintain our blood sugar and energy levels between meals?
- Are some fats essential for good health, and some to be avoided?
- What protective components are present in raw plant foods, beyond all the vitamins, minerals, and protein?
- What are some of the benefits of raw food diets, and what are the nutritional challenges?
- How can all the information about 13 vitamins, 16 minerals, protein, fats, and carbohydrate be assembled into a single food guide for optimal health?

This course will provide answers to these and other common questions about raw food, vegan, vegetarian, and plant-based diets. The presentation for each topic is fun and easy to understand, and allows time for questions and discussion after each section. You will leave this course empowered—with a firm foundation of nutritional science that will help you to successfully incorporate raw and living foods into your daily diet. In addition to the information-packed classes, there will be a final question and answer session at the conclusion of the program.

Hours: 12
Prerequisite: none required. This course is the prerequisite for all other Science of Raw Food Nutrition courses.
Raw & Vegan Nutrition Level 2™

This in-depth course on raw and vegan nutrition will build on the knowledge from Level 1 and provide you with a more profound knowledge base of this quickly growing branch of science. Participants will gain expertise and confidence in understanding and communicating topics in the field of plant-based nutrition. Among the extensive list of important topics we will cover are answers to the following questions and more:

**Macronutrients** (protein, fat, and carbohydrate)

- What is the optimal balance of the calorie-contributing nutrients (protein, fat, and carbohydrate) for good health?
- What are the advantages and disadvantages of various types of raw and high-raw vegan diets?
- What are the primary sources and also the challenges in getting sufficient protein on the various raw food diets?

**Minerals**

- Which minerals are abundant in raw vegan diets and which may be in short supply?
- What are the key issues related to mineral absorption and how can we maximize mineral bioavailability?
- As iron deficiency anemia is the main deficiency in North America how can we meet recommended intakes on raw food diets?
- Can we build strong bones on raw vegan diets, and if so, how do we do this?

**Vitamins**

- What are the functions, recommended intakes, and key dietary sources of vitamin B12 in plant-based diets?
- What are the known and postulated functions of vitamin D?

**Topics also covered in depth are: Phytochemicals, Life Cycle, Theories and Science, Food Guides, Menus, and Raw Research**

Hours: 49

Prerequisite: Raw & Vegan Nutrition Level 1™ is a prerequisite for this seven-day course. This course is a prerequisite for Raw & Vegan Nutrition Level 3: Educator Training™

Refer to the Living Light Culinary Institute Tuition and Fees tables on page 35-36 for complete certification program cost.

Refer to the List of Student Books & Supplies on page 37 for required items cost.
Raw & Vegan Nutrition Level 3: Educator Training™

This interactive and experiential course is designed to give you practical experience in preparing training materials, coaching, and presentation skills. You will gain confidence and expertise so that you can communicate effectively with others—whether in lectures, media interviews, blogs, or with family members, friends, and co-workers on topics of raw and vegan nutrition. The curriculum is designed for both professionals and lay people. You will receive as part of the course content practical materials in both print and digital form that can be used in your work.

Those who register for this course are invited to submit their prime areas of interest and some key questions that they have, prior to the course. This educator training is designed to support your work in the area of your choice. Thus it is important that we address your key topics, and we allow for this in the course design.

Raw research, chronic disease, and weight management

Participants will be able to summarize the health advantages, uses, or lack of value of raw vegan diets in relation to the following:

- Type 2 diabetes
- Type 1 diabetes
- Cardiovascular disease
- Fibromyalgia
- Rheumatoid arthritis
- Bone health
- Weight management (underweight and overweight)

Educators will be able to:

- List one key issue for vegetarians for each of these minerals: iron, zinc, calcium, and iodine; plus two good sources for each.
- Plan menus based on different types of living foods and raw vegan diets, and on skill levels of clients (beginner, gourmet, fast and easy).
- And Much More...

We also include professional support and resources for your practice.

Hours: 42
Prerequisite: Raw & Vegan Nutrition Level 1™ and Raw & Vegan Nutrition Level 2™ is a prerequisite for this seven-day course.
CLOCK HOURS

Clock hours reflect the total number of hours spent in the classroom. One clock hour is equal to 50 minutes of instruction in a 60 minute period.

SATISFACTORY PROGRESS

Student progress is evaluated at the end of each course. Progress is based on obtaining a “Pass” in each course. Failure to achieve a “Pass” in a course will result in a meeting with the instructor where an action plan will be developed with the student. Students who do not receive a passing grade in a course will be required to complete make-up work or repeat the course.

MAKE-UP WORK

Students who do not receive a passing grade in a course will be required to complete make-up work or repeat the course. Work is assigned to support the student in successfully completing the program. A plan is developed that may include sessions with an instructor and/or assignments. Students who do not complete the plan by the required date will be withdrawn from the program.

GRADING POLICY

<table>
<thead>
<tr>
<th>Grade</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>A: Audit</td>
<td>A grade demarking a course in which the student has paid to attend the class, but chooses not to receive a P/F grade; no credit is given.</td>
</tr>
<tr>
<td>P: Pass</td>
<td>A grade indicating that the student has satisfied all minimum course requirements.</td>
</tr>
<tr>
<td>F: Fail</td>
<td>A grade indicating that the student has not satisfied all minimum course requirements.</td>
</tr>
<tr>
<td>I: Incomplete</td>
<td>A grade for incomplete work; if work is completed by the agreed deadline, an “I” may be converted to a “P” (Pass).</td>
</tr>
<tr>
<td>W: Withdrawn</td>
<td>A grade demarking a course from which a student has voluntarily or involuntarily been withdrawn.</td>
</tr>
<tr>
<td>WV: Waive</td>
<td>A grade demarking a course from which a student is given credit for a LLI course without attendance based on the acceptance of similar education from either experience or another culinary school transcript.</td>
</tr>
</tbody>
</table>
ATTENDANCE

Attendance and punctuality are requirements for successful completion and certification of Living Light Culinary Institute courses and programs. Students must attend all lectures, demonstrations, hands-on or otherwise scheduled course sessions. If a non-preventable absence arises, students must make arrangements with the Executive Director to make-up missed work and/or assignments. A signed contract between the student and the school will reflect the assigned make-up work and will be placed in the student’s administrative file upon completion of that work. There may be a fee charged if additional administrative, teacher time, or materials are required for make-up work.

PROBATION & ACADEMIC DISMISSAL

Students who do not receive a passing grade in a course will be required to repeat the course and will be placed on probation for one course.

A student who fails probation is subject to withdrawal or secondary probation (one additional course). A student who fails secondary probation will be withdrawn.

Repeating a class will extend the scheduled graduation date.

LEAVE OF ABSENCE POLICY

Living Light Culinary Institute does not regularly grant leaves of absence. However, a student may petition for a leave of absence with special circumstances. Petitions are available in the administrative office.

WITHDRAWAL

A student shall be deemed to have withdrawn from a program of instruction when any of the following occurs:

- The student notifies the institution, in writing, of the student’s withdrawal or of the date of the student’s withdrawal, whichever is later.
- The institution terminates the student’s enrollment for failure to maintain satisfactory progress; failure to abide by the rules and regulations of the institution; absences in excess of maximum set forth by the institution; and/or failure to meet financial obligations to the school.
STUDENT CONDUCT & CONDUCT DISMISSAL

Students are to treat all members of the staff and other students with respect and dignity. A student who willfully destroys school property, attends school under the influence of illegal drugs and/or alcohol, is disruptive, insubordinate, caught cheating, is boisterous, obscene, vulgar, or disrespectful may be withdrawn.

GRADUATION / CERTIFICATION

A student will be eligible for graduation upon meeting the following conditions:
1. Completed all required hours / make-up work;
2. Received a “Pass” in all courses;
3. Cleared all financial obligations; and
4. Adhering to the list below:

   Advanced Raw Food Nutrition Educator Certification™
   Attendance and Participation* and Presentation

   Raw Culinary Arts Associate Chef and Instructor Certification™
   Attendance and Participation
   Exam for Essentials Course
   Completed Raw Food Demonstration
   Exam for Associate Chef Course

*Participation may include but is not limited to completing any daily assignments, hands-on teamwork, peer feedback, and culinary studio facilities management.
Student Services

ACADEMIC ADVISING

Academic advising may be initiated by school personnel or the student when the need is identified. The school provides students support in academic and vocational guidance.

HOUSING

Living Light Culinary Institute has housing accommodations available through the Living Light Inn. Please contact an Enrollment Advisor for further information. Living Light Culinary Institute does not assume responsibility for student housing outside of the Living Light Inn, nor does the school have dormitory facilities under its control. Fort Bragg, CA has a number of hotels and vacation rental properties in the surrounding area.
EMPLOYMENT ASSISTANCE

Living Light Culinary Institute does not provide job placement assistance. However, the school does provide information to students on job openings employers have posted on the LLCI website. LLCI graduates (Associate Chef/Instructor and above) can complete a graduate request form to request the current job listings including contact information. The request form may be obtained through the Living Light website: RawFoodChef.com.

After receiving the job listings, graduates may contact prospective employers directly. All arrangements, including financial compensation, hours, duration of position, etc., will then be decided between the two parties. Living Light Culinary Institute does not provide advice or direct referral to prospective employers on the suitability of individual students.

Living Light Culinary Institute cannot and does not guarantee employment or salary.
GRIEVANCE PROCEDURE

When a concern occurs, the student is asked to discuss the concern directly with the instructor. If a resolution does not occur, the student is to document their concern in writing and make an appointment to meet with an Executive Director. The formal written concern must state: The issue, desired outcome, and should include any documentation to support the concern. The Executive Director will review the written statement and any supporting documentation, gather facts and provide a written response to the student within ten (10) working days. The Executive Director’s decision is final.

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling 888.370.7589 or by completing a complaint form, which can be obtained on the bureau’s Internet website: www.bppe.ca.gov.

ADMINISTRATIVE POLICIES

Changes

The School reserves the right to make changes at any time with regards to programs, curriculum, start dates, policies and procedures, and other rules as deemed necessary. Changes will be made and implemented in accordance to laws, regulations, and standards that govern the school. Notice of changes will be communicated in a revised catalog or an addendum to the catalog, or other written format.
CANCELLATION, WITHDRAWAL, AND REFUND POLICY

**Student’s Right to Cancel**

1. Students have the right to cancel their enrollment agreement for a program of instruction, without any penalty or obligations, through attendance at the first class session or the seventh calendar day after enrollment, whichever is later. After the end of the cancellation period, students also have the right to stop school at any time; and students have the right to receive a pro rata refund if the student has completed 60 percent or less of the scheduled days in the program through the last day of attendance.

2. Cancellation may occur when the student provides a written notice of cancellation at the following address: Living Light Culinary Institute, 303-D North Main Street, Fort Bragg, CA 94537. This can be done by mail or by hand delivery.

3. The written notice of cancellation, if sent by mail, is effective when deposited in the mail properly addressed with proper postage.

4. The written notice of cancellation need not take any particular form and, however expressed, it is effective if it shows that the student no longer wishes to be bound by the Enrollment Agreement.

5. If the Enrollment Agreement is cancelled the school will refund the student any money he/she paid, less any proration if cancelled after the cancellation period has ended, less a registration or administration fee, and less any deduction for school equipment not returned in good condition, within 45 days after the notice of cancellation is received.
Withdrawal From the Program

Students may withdraw from the school at any time after the cancellation period (described above) and receive a pro rata refund if the student has completed 60 percent or less of the scheduled days in the program through the last day of attendance. The refund will be less a registration or administration fee, and less any deduction for equipment not returned in good condition, within 45 days of withdrawal. If the student has completed more than 60% of the period of attendance for which the student was charged, the tuition is considered earned and the student will receive no refund.

For the purpose of determining a refund under this section, a student shall be deemed to have withdrawn from a program of instruction when any of the following occurs:

- The student notifies the institution of the student’s withdrawal or as of the date of the student's withdrawal, whichever is later.
- The institution terminates the student's enrollment for failure to maintain satisfactory progress; failure to abide by the rules and regulations of the institution; absences in excess of maximum set forth by the institution; and/or failure to meet financial obligations to the School.

For the purpose of determining the amount of the refund, the date of the student's withdrawal shall be deemed the last date of recorded attendance. The amount owed equals the daily charge for the program (total institutional charge, minus non-refundable fees, divided by the number of days in the program), multiplied by the number of days scheduled to attend, prior to withdrawal. If the student has completed more than 60% of the period of attendance for which the student was charged, the tuition is considered earned and the student will receive no refund.

Note: If the student has received federal student financial aid funds, the student is entitled to a refund of monies not paid from federal student financial aid program funds.
CONSUMER PROTECTION

Living Light Culinary Institute has never filed for bankruptcy petition, operated as a debtor in possession or had a petition of bankruptcy filed against it under federal law.
AN ECO-FRIENDLY OASIS
ON THE GORGEOUS MENDOCINO COAST

Living Light Inn - An elegant and welcoming “home away from home.”

Living Light Inn is a 1912 craftsman- style architectural jewel, located in the most beautiful residential neighborhood in Fort Bragg.

Every room is beautifully decorated with organic bedding, linens and windows that open to let in the fresh sea air. All the water in the building is filtered, and the kitchen is equipped with a reverse osmosis filtration system and equipment for easy raw food preparation. All the cleaning products used are vegan, non-toxic, and biodegradable.
The school does not participate in federal or state financial aid programs. If a student receives a loan to pay for the educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund, and if the student has received federal student financial aid funds, the student is entitled to a refund of the monies not paid from federal student financial aid program funds.

### Living Light Culinary Institute Tuition and Fees

<table>
<thead>
<tr>
<th>Certification</th>
<th>Registration Fee</th>
<th>Tuition Cost</th>
<th>Student Tuition Recovery Fund</th>
<th>Total Cost for a period of attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raw Culinary Arts Associate Chef and Instructor Certification™</td>
<td>$250.00</td>
<td>n/a</td>
<td>$375.00</td>
<td>$6,150.00*</td>
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<tr>
<td>Prerequisites:</td>
<td>None</td>
<td></td>
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<tr>
<td>Required Courses:</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>FUNdamentals of Raw Living Foods™</td>
<td></td>
<td>$375.00</td>
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<tr>
<td>Sharpen Up Your Knife Skills!™</td>
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<td>$325.00</td>
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<tr>
<td>Essentials of Raw Culinary Arts™</td>
<td></td>
<td>$1,575.00</td>
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<tr>
<td>Raw &amp; Vegan Nutrition Level 1™</td>
<td></td>
<td>$375.00</td>
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<tr>
<td>Raw Culinary Arts Associate Chef and Instructor Training™</td>
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<td>$2,875.00</td>
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<td>Food Styling</td>
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<td>$375.00</td>
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<td>$375.00</td>
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</table>

*Total cost of attendance could reach $6,487.79 if all required textbooks, uniforms and supplies are purchased from Living Light Culinary Institute.

### Certification

<table>
<thead>
<tr>
<th>Certification</th>
<th>Registration Fee</th>
<th>Tuition Cost</th>
<th>Student Tuition Recovery Fund</th>
<th>Total Cost for a period of attendance</th>
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<tbody>
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<td>Pastry Arts—Unbaked!™</td>
<td>$250.00</td>
<td>n/a</td>
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<td>Required Pastry Arts—Unbaked!™</td>
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<td>Certification</td>
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<tr>
<td><strong>Gourmet Raw Food Chef Certification™</strong></td>
<td>$250.00</td>
<td>n/a</td>
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<td>Prerequisites:</td>
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<tr>
<td>Raw Culinary Arts Associate Chef and Instructor Certification™</td>
<td>$1,650.00</td>
<td>$1,375.00</td>
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<td>Required Courses:</td>
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<tr>
<td>Pastry Arts—Unbaked™</td>
<td>$1,675.00</td>
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<td>Ethnic Flavors in Recipe Development™</td>
<td>$1,675.00</td>
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<td>RawFusion Gourmet Spa Cuisine™</td>
<td>$1,675.00</td>
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<td>Raw Event Catering and Elegant Entertaining™</td>
<td>$1,675.00</td>
<td>$1,575.00</td>
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<td>$6,150.00</td>
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</table>

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<th>Student tuition recovery fund</th>
<th>Total cost for a period of attendance</th>
</tr>
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<tbody>
<tr>
<td><strong>Advanced Raw Food Nutrition Educator Certification™</strong></td>
<td>$250.00</td>
<td>n/a</td>
<td>$375.00</td>
<td>$3,675.00</td>
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<tr>
<td>Prerequisites:</td>
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<tr>
<td>Raw &amp; Vegan Nutrition Level 1™</td>
<td>$375.00</td>
<td>$1,650.00</td>
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<td>$3,675.00</td>
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<tr>
<td>Required Courses:</td>
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<tr>
<td>Raw &amp; Vegan Nutrition Level 2™</td>
<td>$1,650.00</td>
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<tr>
<td>Raw &amp; Vegan Nutrition Level 3: Educator Training™</td>
<td>$1,650.00</td>
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List of Student Books & Supplies

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<thead>
<tr>
<th>COURSE</th>
<th>REQUIRED</th>
<th>RECOMMENDED</th>
<th>TOTAL</th>
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<tbody>
<tr>
<td>FUNdamentals</td>
<td></td>
<td><em>Angel Foods: Healthy Recipes for Heavenly Bodies</em> by Cherie Soria - $20</td>
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<tr>
<td>Knife Skills</td>
<td>Paring Knife - $20-$70</td>
<td><em>Knife Skills Illustrated</em>, by Peter Hertzmann - $30</td>
<td>$20-</td>
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<tr>
<td></td>
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<td>Knife Edge Guard 4&quot; - $3-$4.50</td>
<td>$104.50</td>
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<tr>
<td>Essentials</td>
<td></td>
<td><em>The Raw Food Revolution Diet</em>, by Cherie Soria - $22</td>
<td>$165-</td>
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<td></td>
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<td>Chef Coat- $45-$85</td>
<td>$370</td>
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<tr>
<td></td>
<td></td>
<td>Chef Hat/Scarf - $8- $14</td>
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<td></td>
<td></td>
<td>6’-8” Chef Knife, Mac Santoku $90-$150</td>
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<tr>
<td>Associate Chef</td>
<td></td>
<td><em>The New Food Lover’s Companion</em>, by Ron Herbst &amp; Sharon Tyler Herbst - $17</td>
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<tr>
<td>Pastry</td>
<td></td>
<td><em>The Food Stylist’s Handbook</em> by Denise Vivaldo - $50</td>
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<tr>
<td>Gourmet</td>
<td></td>
<td>8’ Utility Knife  $11-27.50</td>
<td>$11-</td>
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<td></td>
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<tr>
<td>Raw &amp; Vegan Nutrition</td>
<td><em>Becoming Raw</em>, by Brenda Davis &amp; Vesanto Melina - $20</td>
<td><em>The Vegetarian Flavor Bible</em>, by Karen Page- $38</td>
<td>$20</td>
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<tr>
<td>Level 1</td>
<td></td>
<td><em>The Spice and Herb Bible</em>, by Ian &amp; Kate Hephill -$30</td>
<td>$30-$68</td>
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<td>Level 2</td>
<td></td>
<td>$25</td>
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<tr>
<td>Level 3: Educator Training</td>
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Prices of books and supplies are subject to change due to market fluctuation.
Cherie Soria

Living Light Culinary Institute Director and master raw food chef Cherie Soria is a holistic nutrition expert and leading author of numerous books on gourmet raw and vegan culinary arts, including her most recent, *Raw Food For Dummies*. Her other books include *Angel Foods-Healthy Recipes for Heavenly Bodies*, which has been printed in three languages, *Raw Food Revolution Diet*, and *Comiendo Pura Vida!* Cherie has been honored with the respectful title of “Mother of Gourmet Raw Vegan Cuisine” from her students, who come to study at Living Light Culinary Institute from more than 60 countries and six continents around the world. Cherie has personally trained many of the world’s top raw food chefs and instructors. Cherie’s goal is to spread the benefits of gourmet raw vegan cuisine around the globe by training teachers and chefs to inspire others. In 1992, she studied with Dr. Ann Wigmore in Puerto Rico, and learned the principles of using whole live foods to aid in healing and rejuvenation. Recognizing the importance of making dishes that also appeal to the senses, the palate, and the soul inspired her to create a sophisticated gourmet raw vegan cuisine that rivals the most delicious traditional cooked foods. A karate student and aficionado for years, Cherie was awarded her third black belt in Karate at the age 60. Today, she is as trim as she was in high school and a beautiful example of the health benefits of a raw vegan diet. A veteran of radio and television, Cherie is available for speaking engagements and culinary presentations. Contact Terilynn at 707-964-2420.

- Living Light Culinary Institute, Fort Bragg, CA: *Raw Culinary Arts Associate Chef and Instructor Certificate; Gourmet Raw Food Chef Certificate; Raw Culinary Arts Professional Chef Certificate; Benefits of Raw Food Nutrition Educator Certificate*
- Over 40 years of culinary arts experience.
Dan Ladermann

Living Light Culinary Institute Director Dan Ladermann is a renowned health educator, speaker, and author of *Raw Food For Dummies*. He is president of the Institute for Vibrant Living, a nonprofit organization dedicated to global education about organic raw vegan food and its role in health and vitality. The Institute for Vibrant Living also provides scholarships for aspiring raw food chefs and instructors and has been a leader in nonprofit organic raw food education since 1999. Dan is also a certified Hippocrates Health Educator and a graduate of Anthony Robbins’ Mastery University. An early pioneer and executive in the Unix and internet industries, Dan exited the high-tech world of Silicon Valley when he discovered the benefits of a raw food diet in 1995. He now combines skills in science, technology, and photography with a passion for health and nutrition. He enjoys helping students transform their lives, and watching them thrive with the tools, support, and encouragement they receive at Living Light Culinary Institute. Dan is available for interviews and speaking engagements. Call Terilynn at 707-964-2420.

- Living Light Culinary Institute, Fort Bragg, CA: Raw Culinary Arts Associate Chef and Instructor Certificate™
- Hippocrates Health Institute, Palm Beach, FL: Certified Health Educator
- Johns Hopkins University Baltimore MD: Masters, Computer Science
- University of Toledo, Toledo, OH: Bachelors of Science, Electrical Engineering
- Over 12 years of culinary arts experience.
Martine Lussier

Martine Lussier is a former registered nurse and transplanted Canadian who has reinvented herself as one of the premier chefs and educators teaching raw food cuisine and nutrition. As Culinary Programs Manager at Living Light Culinary Institute, Martine trains instructors and manages all aspects of the teaching curriculum for the school.

- Living Light Culinary Institute, Fort Bragg, CA: Raw Culinary Arts Associate Chef and Instructor Certificate; Gourmet Raw Chef Certificate; Raw Culinary Arts Professional Chef Certificate, Pastry Chef Level I - II Certification
- The Raw Food Doctors, Canada: Certified Instructor in the Benefits of Raw Food Nutrition
- Sherbrooke College, Canada: Registered Nurse Diploma
- St-Jean-sur-Richelieu College, Canada: Science and Humanities Diploma
- Over 16 years of culinary arts experience.

Vesanto Melina, MS

Vesanto Melina, MS, Registered Dietitian has taught nutrition at Seattle’s Bastyr University and at the University of British Columbia, and is a government consultant. She enjoys keeping up with the current science on plant-based nutrition, making sense of complex and controversial topics, and then communicating in a way that is both entertaining and informative. Her materials and courses appeal to those without scientific training and also to a broad range of health professionals, including dietitians and medical doctors (MDs).

Vesanto is co-author of Becoming Raw, as well as a series (with dietitian Brenda Davis) that have become the classic texts on plant-based nutrition. Their books have received star rating by the American Library Association as “go-to books” on plant-based nutrition, won a REAL Book of the Year Award, and a Canada Book Award. Her books are now in 10 languages and with 750,000 copies in print.

Vesanto has published in The Lancet, the Journal of the American Dietetic Association, the Canadian Journal of Dietetic Practice and Research, and in Common Ground magazine (Canada).

Brenda Davis

Brenda Davis, registered dietitian, is a leader in her field and an internationally acclaimed speaker. She has worked as a public health nutritionist, clinical nutrition specialist, nutrition consultant and academic nutrition instructor. Brenda is the lead dietitian in a diabetes research project in Majuro, Marshall Islands. She is a featured speaker at nutrition, medical and health conferences throughout the world.


Brenda is a past chair of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association. In 2007, she was inducted into the Vegetarian Hall of Fame.
**James Sant**

As a lifelong professional artist, James has worked in just about every medium including clay art, sculpting, painting, textile art, set design, art administration, film documentary and photography. A serious industrial accident led him to discover the power of healing through a diet based on living foods. He has taken his life-long passion for plant-based eating and merged it with his artistic talents; becoming a certified gourmet raw food chef, raw pastry chef, as well as a yoga and chef instructor. As an instructor for our Raw Culinary Arts Associate Chef and Instructor Training™ James brings together his years of entrepreneurial and culinary knowledge.

**Terilynn Epperson**

Terilynn Epperson is a certified Gourmet Raw Food Chef and Instructor. Her enthusiasm for the raw foods lifestyle has led her to move her family to Fort Bragg as Executive Assistant to Cherie Soria. Terilynn also produces promotional videos and teaches specialty classes during the Associate Chef and Instructor Training and Raw Event Catering and Elegant Entertaining courses at Living Light.

**Brenda Hinton**

Brenda Hinton, a Living Light graduate, has been striving to live holistically and authentically for over 25 years. Diagnosed with stage 3 cancer in early 2007, her research into the diet/disease connection intensified, “as if my life depended on it ...and it did!” She discovered that a diet rich in nutrient dense raw foods gave her more energy to recover. Understanding that nutrition is an important part, perhaps the most important, of survival, she worked on bettering her diet in partnership with her doctors’ conventional therapies. Today, she is cancer-free. A committed vegan, she maintains a predominantly raw food diet.
Blake Gardner was never a foodie until he began exploring plant-based cuisine. Last year, while taking a hiatus from being a busy portrait and wedding photographer in Los Angeles, he attended classes at Living Light Culinary Institute in order to broaden his understanding of raw vegan food. He was so inspired by the energy at Living Light that he applied to work in the kitchen helping the chefs and instructors on a daily basis. His dream for the future is to work at a retreat center making food for guests who want to enjoy healthy food that tastes great.

Vinnette Thompson
A classically trained chef, Vinnette Thompson earned her culinary arts degree from the Culinary Institute of America and is also a graduate of the Living Light Institute. She now teaches a variety of classes, including three advanced recipe development courses: Ethnic Flavors, RawFusion, and Catering. Vinnette’s two culinary passions are vegetarian cuisine and culinary education. A chef for over 25 years, she is currently Executive Chef of the Raw Food Underground and teaches culinary arts for the Palm Beach school district in Florida.

Gina Hudson
Gina Hudson is a Living Light certified Gourmet Raw Food Chef and has also completed Pastry Arts—Unbaked™! Certification and Advanced Raw Culinary Arts Instructor Certification™ at Living Light. She is also a personal chef and raw food coach in Texas where she also teaches raw food workshops. As an instructor for our Raw Culinary Arts Associate Chef and Instructor Training™ Gina always enjoys coming back to the beautiful Mendocino coast. A massage therapist and fitness enthusiast, she fully understands the profound effect food has on body, mind and spirit. Her lifelong search and passion for optimal health has inspired her to support others in achieving the same.

Blake Gardner
Blake Gardner was never a foodie until he began exploring plant-based cuisine. Last year, while taking a hiatus from being a busy portrait and wedding photographer in Los Angeles, he attended classes at Living Light Culinary Institute in order to broaden his understanding of raw vegan food. He was so inspired by the energy at Living Light that he applied to work in the kitchen helping the chefs and instructors on a daily basis. His dream for the future is to work at a retreat center making food for guests who want to enjoy healthy food that tastes great.
FACULTY AND MANAGEMENT

Dan Ladermann, Executive Director, Chief Executive Officer, and Chief Operations Officer
Cherie Soria, Executive Director, Chief Academic Officer
Matt Rumley, General Manager
Martine Lussier, Culinary Programs Manager
Vesanto Melina, Nutrition Program Faculty
Brenda Davis, Nutrition Program Faculty
James Sant, Instructor
Brenda Hinton, Instructor
Vinnette Thompson, Instructor
Patricia Hoskins, Instructor
Blake Gardner, Demo Coordinator
Terilyn Epperson, Executive Assistant & Instructor
Melissa Renteria, Student Services Manager
Kristin Suratt, PR / Marketing Director
Issac Whippy, Accounting / HR Manager
<table>
<thead>
<tr>
<th>Session #</th>
<th>Course Title</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
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<tr>
<td>11-1</td>
<td>Fundamentals of Raw Living</td>
<td>June 1</td>
<td>June 3</td>
<td>9:00 am - 6:00 pm</td>
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<tr>
<td>11-2</td>
<td>Essentials of Raw Culinary Arts</td>
<td>June 4</td>
<td>June 8</td>
<td>10:00 am - 5:30 pm</td>
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<td>11-3</td>
<td>Sharpen Up Your Knife Skills</td>
<td>March 1</td>
<td>March 5</td>
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<td>11-4</td>
<td>Pastry Arts - Unbaked</td>
<td>Feb. 20</td>
<td>Feb. 24</td>
<td>10:00 am - 6:00 pm</td>
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<td>11-5</td>
<td>Ethnic Flavors in Recipe Development</td>
<td>April 17</td>
<td>April 21</td>
<td>9:00 am - 6:00 pm</td>
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<td>11-6</td>
<td>RawFusion Spa Cuisine</td>
<td>April 24</td>
<td>April 28</td>
<td>9:00 am - 6:00 pm</td>
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<td>11-7</td>
<td>Raw Event Catering &amp; Elegant Entertaining</td>
<td>Feb. 22</td>
<td>Feb. 26</td>
<td>8:30 am - 5:00 pm</td>
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Living Light Culinary Institute
2017 Course Schedule
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<tr>
<th>Course</th>
<th>Length</th>
<th>Cost</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>Total Certification Cost</th>
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<tbody>
<tr>
<td>FUNdamentals of Raw Living Foods™</td>
<td>1 day</td>
<td>$375</td>
<td>35</td>
<td>39</td>
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<td>Sharpen Up Your Knife Skills™</td>
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<td>$325</td>
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<td>Associate Chef and Instructor Training™</td>
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<td>Food Styling**</td>
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<td>24</td>
<td>39</td>
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<td>Pastry Arts − Unbaked!™</td>
<td>4 days</td>
<td>$1,375</td>
<td>24</td>
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<td>Ethnic Flavors in Recipe Development™</td>
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<td>$1,675</td>
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<td>39</td>
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<td>RawFusion Gourmet Spa Cuisine™</td>
<td>5 days</td>
<td>$1,675</td>
<td>14</td>
<td>39</td>
<td>49</td>
<td>73</td>
<td>$7,525</td>
</tr>
<tr>
<td>Raw Event Catering &amp; Elegant Entertaining™</td>
<td>5 days</td>
<td>$1,575</td>
<td>14</td>
<td>39</td>
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<td>73</td>
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<td>Raw Vegan Nutrition Level 1™</td>
<td>2 days</td>
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<td>Raw Vegan Nutrition Level 3: Educator Training™</td>
<td>7 days</td>
<td>$1,650</td>
<td>14</td>
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<td>$7,525</td>
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<tr>
<td>**Though not a program certification in itself, the Platinum Package offers students all 12 courses and all five certificates at a **PACKAGE DISCOUNT. <strong>Runs concurrently with Associate Chef and Instructor Training.</strong></td>
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</table>
Since 1998, Living Light Culinary Institute has set the standard for education in gourmet raw vegan cuisine, attracting people from more than 65 countries around the world, and all walks of life to our classes on the Mendocino coast of northern California. Now, you can experience our world-renowned culinary classes no matter where you live! Let us help you create a healthier lifestyle and learn how to make incredible raw vegan recipes you can easily prepare at home. Whether you’re a complete beginner, a seasoned chef, or are simply curious about how to add more healthy plant-based recipes to your repertoire, we’ve got the experience, integrity, and time-tested raw food curriculum you’ve been looking for. Enroll today at RawFoodChef.com