

December 6, 2011



Travel Channel and Gaiam Release "Bizarre Foods Collection 5 Part 1" on DVD

NEW YORK, Dec. 6, 2011 /PRNewswire/ -- Gaiam, Inc., a leading producer of lifestyle media, announces today the DVD release of Travel Channel's critically-acclaimed series ***Bizarre Foods Collection 5 Part 1*** under its exclusive home video license agreement with Travel Channel.

In this new DVD of the critically acclaimed series, chef, writer and culinary explorer Andrew Zimmern is back for more exotic food adventures. Bizarre Foods takes viewers beyond the usual tourist locations and into the very heart of what makes each destination gastronomically unique. No matter where he is, Andrew dives right in and encourages everyone else to do the same by sharing his favorite advice: "If it looks good, eat it."

In Bizarre Foods Collection 5 Part 1, Andrew visits 10 destinations and introduces viewers to cuisines they may have never experienced or even knew existed. Travel with him to Syria, where Andrew samples sausage made from camel hump; a recipe that echoes as far back as biblical times. While in Namibia, Andrew experiences a feast for the eyes, literally speaking. Tribal foods including wildebeest eyeballs and mopane worms are among the delicacies fancied in this African country. For those looking for bizarre foods a bit closer to home, Andrew visits Chicago and gets a real taste of the diverse food scene and culture in the Windy City.

This three-disc set has a run time of 569 minutes and an SRP of \$24.98. **Street date:** December 6, 2011

Bizarre Foods Collection 5 Part 1 is now available in stores and online wherever DVDs are sold.

TRAVEL CHANNEL (<http://www.travelchannel.com>) is a multiplatform travel lifestyle brand with the core mission of providing inspiring and compelling programming that takes viewers beyond their every day destinations, making the unfamiliar familiar, whether it's around the world or around the block. A dual feed network that is also available in HD, Travel Channel is the world's leading travel media brand, and is available in 96 million U.S. cable homes. Owned and operated by Scripps Networks Interactive (NYSE: SNI), Travel Channel has offices in Chevy Chase, MD, and New York, NY. Scripps Networks Interactive (NYSE: SNI) also owns and operates HGTV, DIY Network, Food Network, Cooking Channel and Great American Country.

About GAIAM

Gaiam, Inc. (Nasdaq: GAIA) is a leading producer and marketer of lifestyle media and

fitness accessories. With a wide distribution network that consists of 62,000 retail doors, 14,400 store within stores, 5,600 media category management locations, a digital distribution platform and more than 10 million direct customers, Gaiam is dedicated to providing solutions for healthy and eco-conscious living. The company dominates the health and wellness category and releases non-theatrical programming focused on family entertainment and conscious media. In addition, Gaiam has an exclusive licensing agreement with Discovery Communications and other licensing partners. For more information about Gaiam, please visit www.gaiam.com or call 1.800.869.3603.

Contact: Lauren Aboulessan
laboulessan@kruppnyc.com
(212) 886-6710

SOURCE Gaiam, Inc.