

## What's on your plate ?



## Michael Pollan and your mother said:

- Eat your vegetables
- Eat breakfast
- Eat three meals a day at about the same time each day
- Eat Food—not too much, mostly plants

## Personal creed

- Follow 5 ingredient rule
- Exercise
- Sleep



## Don't eat anything your great grandmother wouldn't recognize as food.



## If it came from a plant ,eat it; if it was made in a plant , don't.



Eating what stands on one leg is better than what stands on two legs, which is better than what stands on four legs.



## Free food is cheap food



**PAY MORE  
EAT LESS  
EAT SLOW**



## “Seize the Season”

- Eat seasonally—cost of produce in season is economical
- Learn how to preserve your favorite fruits and veggies
- Buy seconds and make soup !!



## How to eat fast food



- Rarely
- Save your money and go out to a “real restaurant”
- It’s not food if it arrived through the window of your car

## Navigating the Grocery Store



- Have a list !
- Think about each purchase— treats are allowed
- Buy store brands & seconds
- Use coupons
- Be grateful and happy!

more ....

- Buy only what you need
- Shoppe every week
- Let your refrig and shelves go empty
- Shop the perimeter of the store
- Buy bulk on staples and not snacks or stuff you won't eat



Labeling: Informative or Gimmick



National Organic Program



100% Organic

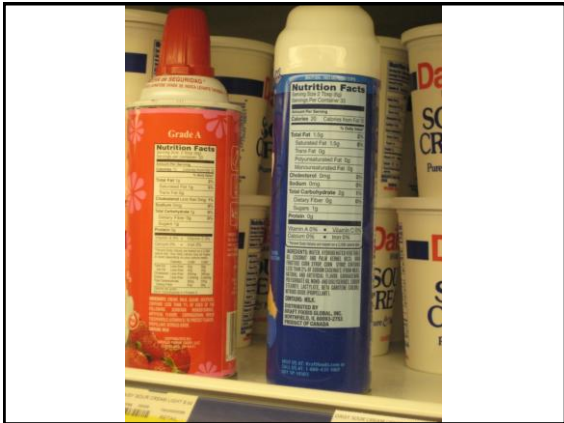


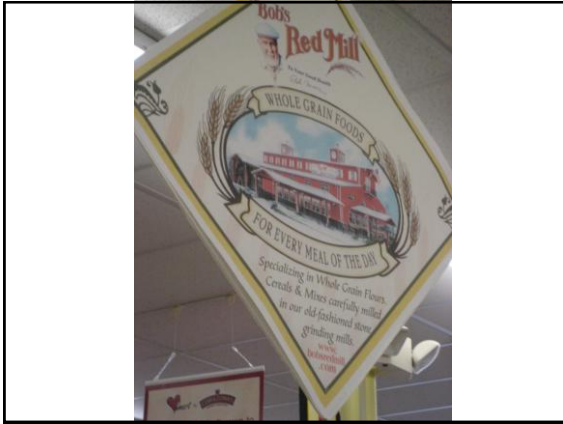
"Organic" – 95%

Made with Organic Ingredients- must contain @ least 70 % organic ingredients  
NOT !!

Nutrition Facts Label







### Eat with intention and integrity

- Plan your meals— think about what you and your family will eat
- Every week, every day— plan every thing and write it down
- Place menu on the refrigerator door

