

AUGUST
2012

EAT 4 THE HEALTH OF IT

A monthly newsletter for Healthy Eating Adventurers



Healthy Eating Adventures began through the MACWell program in 2010. Five highly successful Adventures have brought people together to share good health, good ideas and new friendships.

WELCOME TO EAT 4 THE HEALTH OF IT!

This monthly newsletter is being launched to share information with participants and graduates of Healthy Eating Adventures, as well as anyone interested in resources for whole food, plant-strong eating. The newsletter will be distributed electronically to Adventurers, and in print by request. We need input and feedback to make this a useful tool! Please e-mail your feedback and suggestions to kbenham99@hotmail.com. Share your cooking tips, favorite recipes, places where you shop for plant-strong ingredients, restaurants where you've found plant-strong options, and/or other information

you believe other adventurers would be interested in learning.



CHECK US OUT ON FACEBOOK

Healthy Eating Adventures is now on Facebook. Check us out at www.facebook.com/HealthyEatingAdventure for recipes, photos of healthy eating events, links to Engine 2 and Dr. Esselstyn's Facebook pages, and other links and tools.



THE ADVENTURE CONTINUES...

Potluck Dinners

Wilson College

Third Wednesday of the month, starting September 19



Penn National

Second Tuesday of the month, starting September 11

Please RSVP to Larry Beckman by email: larry.c.beckman@comcast.net or phone: 717-401-0256.

Mercersburg



Fourth Thursday of the month, starting September 27

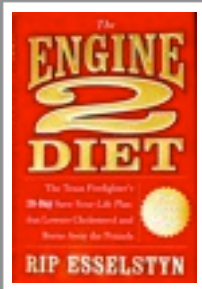
Specific information on times and locations will be e-mailed from the sponsoring community and posted as Facebook events. Also, watch for further information on cook-offs to be held at some of our potluck dinners. These events are planned to allow for cooking or tasting, whichever you prefer to do. Further details will be published in the near future.



POTLUCK DINNERS...

THE ADVENTURE CONTINUES

Healthy Eating Adventure graduates can continue to receive community support and share their plant-strong recipes with others at potluck dinners. Communities that sponsor adventures hold monthly potluck dinners so that participants can continue to enjoy the support from the adventure. All community adventurers are welcome to attend potluck dinners in any of these communities; so there are multiple opportunities to enjoy the variety we have come to love at potluck dinners.



Community potlucks will be held as follows:

Penn National
second Tuesday of the month, starting September 11

Wilson College
third Wednesday of the month, starting September 19

Mercersburg
fourth Thursday of the month, starting September 27



Engine 2 Food Rules, and will serve 8 to 10 people.

BYO plates, glasses, utensils, napkins and drinks. Bowls are a good idea, too, since there are often some great soups to sample. It's nice to have a second plate for those scrumptious desserts.

Potluck "Rules" are the same as for the Adventure Potlucks. Bring a dish to share that follows the

Hello Healthy Eating Adventurers,

You and your family and friends are invited to the Penn National HEA potlucks the second Tuesday of every month. We look forward to seeing you as we enjoy the many and varied plant-based foods/dishes and sharing our plant-based experiences.

What/Where: Penn National HEA Monthly 2nd Tuesday Potlucks/Penn National Trellis Room

Date/Time: September 11, 2012 at 6:30 p.m.

This will be our opportunity to share the delicious plant-based dishes we create, socialize with plant-strong friends and discuss plant-based topics of interest.

Share the Health - Bring family and friends to taste these fabulous flavors.

As always BYO Plates and flatware -- save a tree, save the ocean. Penn National will supply water and there will be plugs for crock pots.

Rain or Shine - the Trellis Room at Penn National is a covered open or closed facility that is great for enjoying good food and watching the weather.

RSVP is appreciated for planning - but spur of the moment people are welcomed as well. A \$10 donation for future events in lieu of a dish is also OK if life is coming at you hard!

Location: Trellis Room at Penn National; 3720 Clubhouse Drive, Fayetteville, PA 17222; To get to the Trellis Room go straight past the clubhouse to the last parking lot isle where you will turn left. At the end of this isle you will see the Trellis Room on your right. When you enter the Trellis Room make a name tag at the Welcome desk then settle into an enjoyable evening of healthy plant-based eating and socializing.

Look forward to seeing you all, Larry Beckman rsvp to larry.c.beckman@comcast.net or phone:

"On TARGET with COACH BJ"

New e-Cookbook by our own BJ Reed

BJ Reed's newly published e-cookbook is available at Smashwords.com. It

can be viewed and purchased at <http://www.smashwords.com/books/view/207715>

Make your purchase, read and prepare the recipes, then write a review!

[On Target with Coach BJ](#)

by [BJ Reed](#)

Price: \$3.99 USD. 19970 words.

Language: English. Published on July 23, 2012. ISBN: 9781476278483

Delicious plant-based recipes to put you at the top of your game! Make tasty vegan dishes without adding oil or salt. Each recipe includes nutrition facts. Coach BJ's recipes are made with the home cook in mind, using plant-strong ingredients. That is, whole foods - grain, vegetables, fruits, beans, legumes, nuts and seeds. Back to the earth, back to basics. Use food for fuel.

For years, research has shown the negative health impact from eating our Western diet. Chronic conditions such as obesity, high blood pressure, diabetes, heart problems, digestive issues and many others have plagued far too many. The Madison Avenue marketing machine lulled us into believing their food ads. We put plant-strong foods on the back burner - let's move these healthy foods front and center. Main stream media is finally sending bytes of messages about the benefits of eating a plant-based diet

and Coach BJ wants to help you get on our healthy eating team.

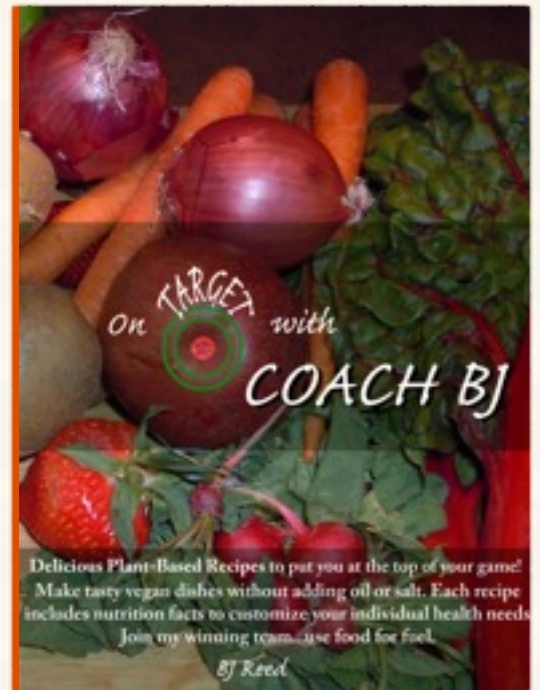


Dr. George has this to say about *On Target with COACH BJ*:

"Coach BJ Reed brings wonderful 'on the court' experience to her recipes. She has been a coach for our Community Adventures in Healthy Eating since their beginning in 2010 - helping participants make the jump shift from the Standard American Diet (SAD) to a whole foods, plant based menu in 28 days. She developed her recipes knowing the challenges newly healthy eaters face as they shop for and select whole foods, and prepare them in ways that are often new to them. Our Community Adventures are soundly based on the research by Dr. Caldwell Esselstyn in *Prevent and Reverse Heart Disease*, Ann Esselstyn's meal preparation savvy and the 28-day kick start provided by his son Rip Esselstyn in *Engine 2 Diet*. If you are

new to whole foods/plant based eating, BJ's recipes will make the transition easy and fun. If you are already there, her recipes will add to your supply of flavorful, easy to prepare and nutritionally sound menus. We're all grateful to the energy and knowledge BJ brings to our Adventures and are excited she's spreading her talents to everyone!"

-- Elizabeth George, MD



IN THE NEWS

By Tom Sabo

I'm sure you read that America's breadbasket is suffering through one of the greatest droughts in history. Scientists are projecting this drought to be more of a continuous state of affairs rather than an aberrant event. I also read recently that our underground water supply is being used much faster than it can be replaced especially in areas where

farming is the major industry such as California and our Midwest. Couple that with our yearly loss of topsoil through erosion and abuse, climate change, depletion of our grain supply etc., and you get a pretty bleak picture.

Since it takes about 2400 gallons of water to produce 1 pound of beef, I guess you can say that by eating a plant based diet, we are doing our bit to ease the negative impacts resulting from lack of rain out west. I am convinced that in the future, America's eating habits will have to change. The upward pressures on cost will be the most immediate cause but gradually our eating habits will change out of necessity. You are the vanguard. Not only will enjoying a plant based diet result in improved health but you will also be improving the prospects for future generations.

Good Job!

FOR YOUR HEALTH

"I lost 30 pounds [in 4 weeks] and feel physically great; after the first week of eating this way I no longer felt stiff. Even though I have been going through a very stressful time, I feel eating the right foods has helped me cope with many things that I would have normally used as a crutch and stuffed my mouth with comfort foods like ice cream or candy." [Ed's LDL dropped to 53 in the 28 days -- 41 points beyond what Lipitor had done.]
-- Ed Bard



Using tiny amounts of oil is possible with a ceramic condiment jar found at Dollar General stores. It is labeled "Secret Recipe B.B.Q. Sauce" but you can turn it around to the plain side. The lid, with a brush attached, enables you to keep oil in the jar and use the brush to put a very small amount of oil in your cast iron skillet or baking sheet.

"Health is not luck. We have an innate ability to maintain good health if we establish the optimal environment for healing."

Joel Fuhrman, MD

F.R.E.S.H.

(Finding Responsible Eating Strategies for Health)

F.R.E.S.H. is a documentary featuring Michael Pollan, Will Allen and Joel Salatin which celebrates the farmers, thinkers and business people in the sustainable food movement. (Run time 80 minutes) View online trailer at <http://www.freshthemovie.com/>

Staying plant-strong while you're traveling on planes, trains, and automobiles is a piece of cake (or even better, a piece of kale!). I've been traveling a ton lately. In fact, in

February I was on the road 22 out of 29 days! I was plant-strong and ripping it up day after day after day.

Here are some of my tips for staying fabulously plant-strong — no matter where you are. You can remember these with the acronym F.A.B.: Figure out what you can eat; Ask for what you want; Bring your own food.



Rip Esselstyn

For more, go to: <http://www.forksoverknives.com/plant-strong-on-the-road/>

Good to Know

Eating Out?

Check out HappyCow.net for vegan restaurants wherever you travel.

Rip Esselstyn has a great article, "Plant Strong on the Road," at the Forks Over Knives website:

<http://www.forksoverknives.com/plant-strong-on-the-road/>



Recipes On-Line

Check out these web sites for plant-strong recipes:

FatFree Vegan Kitchen at <http://blog.fatfreevegan.com/>

Fatfree Vegan Recipes at <http://fatfreevegan.com>

<http://www.chooseveg.com/vegan-recipes.asp>

http://www.101cookbooks.com/vegan_recipes/

<http://www.vegweb.com/>

<http://www.plantstrongmeals.com/>



Intrigued by Tom Sabo's comments about water? Find more at:

<http://www.vegsource.com/news/2012/07/meat-eating-wastes-huges-amount-of-water-and-resources.html>

A Community Adventure in Healthy Eating

A Bit of History

Healthy Eating Adventures began in 2010 as part of the MACWell (Mercersburg Area Council for Wellness) program. Here is some of the history. Look for new statistics as more and more people join in changing their health and their lives with plant-strong eating.

It Started with *The Engine 2 Diet*

By 2007 National Tri-Athlete and Austin, Texas, firefighter, Rip Esselstyn, was tired of worrying about his fellow firefighters being “heart attacks ready to happen”. Using team camaraderie, he was able to teach them how to cook and eat the plant strong, heart healthy diet that his dad, Dr. Caldwell Esselstyn, had successfully used for his cardiology patients. The approach was so “people friendly”, and easy to follow that Rip wrote the book, *Engine 2 Diet*.

The program in Rip’s book is so usable and results so compelling that the national “Whole Foods” grocery chain hired Rip Esselstyn to help with an employee wellness program at all their stores.

Creating Engine 2 Mercersburg

In May 2010, after reading an article about Rip Esselstyn, Dr. Elizabeth George, a family physician in Mercersburg, emailed him saying, “What you’re doing is great, but there is no Whole Foods within 50 miles of most small towns in the USA. Come create a healthy eating program that can work in small towns!”

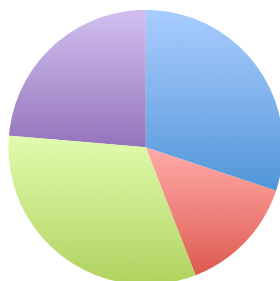
Rip accepted the challenge to create “A Community Adventure in Healthy Eating”. In July of 2010, Rip and Dr. George met with a group of 10 community members to create a project to help people learn to cook and eat the plant strong way. This team



Courage and love of community prompted Dr. Liz George to call Rip Esselstyn about the need for Plant-Strong, Engine 2 eating in rural areas like Mercersburg, PA. Rip, too, summoned first-responder courage to come here to a handful of volunteers to initiate the first Community Adventure in Healthy Eating in 2010.

of 10 learned new shopping and cooking habits from Rip and his book, and shared hints and great tastes at weekly potlucks for one month. After a month of eating plant strong, with some LDL’s dropping by more than 20%, and tastebuds reawakened from their sugar, salt and fat coma to the taste of real food, this group was ready to coach their own Engine 2 teams and create the Community Adventure, nicknamed “Engine 2 Mercersburg”.

% of Participants



% LDL Drop

0-4%
10-14%
15-24%
25-34%

Engine 2 Mercersburg

28-Day Adventure in Healthy Eating
October 2010
LDL Drop

48 participants had pre- & post-lipid profiles

Note – This was a “community adventure” with 105 enrollees – not a scientific randomized, controlled trial. Participants decided on their own what parameters (if any) to monitor and report. Participants self-monitored the extent to which they followed Engine 2 recommendations, and participated in pot lucks and team communications to whatever extent they found helpful. This pie chart illustrates what can be achieved with the Engine 2 Diet in a “real life” setting; 70% had 10% or greater drops in their LDL.

Taking the Adventure With You

Some thoughts from Nancy Norwood

You have to admit that life will never be the same.

Once you've read a list of ingredients before putting an item in your cart; once you've changed your food groups to Fruits, Vegetables, Whole Grains and Beans & Legumes; once you've seen the improvements in your health in just one month, there is no turning back. These experiences will be with you the rest of your life. Do you worry if you will continue to feel successful months from now, years from now?

No matter to what extent you continue your plant-strong way of eating, you have experienced its value. You have firsthand knowledge of how it has benefited you, both in your logical, conscious brain and in your very physical body. Each of your organs has experienced rest and recovery from decades of overwork and damage having to rid itself of the burdens of detrimental fats, sugars, salts, dyes, preservatives, and more. Each of your senses has experienced relief from impurities of artificial flavors and fragrances.

You've experienced the many subtle flavors in a slice of tomato and in a doughnut peach. You've had the chance to invent your own whole-grain salad, adding whatever strikes your fancy that day.

You've also had experiences of questioning yourself, of being an outsider with those quirky foods you bring, of being faced with opportunities or pressures to stray from what you know to be best for you.

In short, your awareness has become more acute. In this awareness lies your success. In this awareness lies your comfort.

Now you take all this with you, wherever you go, whomever you meet.



Okra on a rainy day at Bending Bridge Farm, Little Cove Road, Mercersburg
-- photo by Nancy Norwood

You may be wondering how you carry this change. Will it be with a lightness that is so much a part of you that you barely notice? Will it be with a heaviness that reminds you time after time that you are different? Will it be an on-again, off-again change?

My experience has been varied, sometimes bringing good news to others, sometimes feeling like such a goof for opening my mouth. But, I have found that some people overall welcome new information and learning and change for the better. They seem to be people who dance through life, able to find the open spaces in the dance floor in which to move gracefully even when beset by near collisions. There are also people who are so very comfortable in their habits. They are steadfastly convinced of the benefit of their habits and have their life constructed to uphold those habits. The people more inclined to change will likely be more open to hearing about the changes you've made. The people comfortable with habits are less likely to do so.

However, there are people who are simply stuck in their habits because they know of no other choices. Perhaps this was you. I know I used to believe that I was a healthy eater. Then, I knew virtually nothing about plant-strong shopping, cooking, and eating. I realized that had I been born in another part of the world, eating all plants would have been my habit.

It is so tempting to want to give to others what you have found to be so healthful. It is so tempting to share that once you make a change like this you now are filled with empowerment to make other life changes. So, use your judgement and take your cues from others in order to share your success and enthusiasm.

Taking it to the Street

Be joyfully vocal about your food needs with family, friends, and restaurants so others will become aware. Give simple, concrete explanations and suggestions. Suffer in silence and they will learn nothing.

Adventures Farther Away

Dear VegSource Reader,

The Olympics are over. So what's the next big thing?

It's the Healthy Lifestyle Expo in Los Angeles, the weekend of Oct 12-14, 2012!

The lineup of speakers is the best in the world!

There are only THREE reserved seats left -- but all the seats are excellent!

Come hear the latest in nutrition, fitness and health, and how to make sure you're as healthy as you can be!

CHECK THIS LINK FOR THE FULL DETAILED SCHEDULE

Brenda Davis RD, Michael Klaper MD, Neal Barnard MD, Rich Roll, Jeffrey Smith, John McDougall MD, John Robbins, Caldwell Esselstyn MD, Jeff Novick MS RD, Joel Fuhrman MD, Rip Esselstyn, Rev. Heng Sure PhD, John Davis CBE.

And if you want to come a little early, there's a bus tour around Los Angeles on Thursday, Oct 11 -- guided by Chef AJ and hitting some AMAZING vegan restaurants, as well as famous LA sites!

And on Friday during the day, before the Expo begins, there is a day roster of vegetarian speakers from around the world!

And the link to purchase tickets from our store is here:

<https://secure2.vegsource.com/catalog/index.php?cPath=75>

Hope to see you there!

Peas & Love,
Jeff and Sabrina



Did You Know? Expo travel and costs may be tax deductible! "You can include in medical expenses amounts paid for admission and transportation to a medical conference if the medical conference concerns the chronic illness of yourself, your spouse, or your dependent. The costs of the medical conference must be primarily for and necessary to the medical care of you, your spouse, or your dependent. The majority of the time spent at the conference must be spent attending sessions on medical information. The cost of meals and lodging while attending the conference is not deductible as a medical expense." Read the full IRS details >>

<http://www.farms2forks.com>

Farms 2 Forks

An Immersion is --

A 'Farms 2 Fork' weekend is an educational experience designed to give you what most people have never received -- an in-depth education about the power of 'good' foods and the reality about 'bad' foods. This is the education that most of us didn't receive growing up -- in high school, college, or anywhere else. The harsh reality is that most of us eat the way we do because it's what we have always known -- we eat what our parents ate (or something like it).

And that's not anyone's fault--food is an incredibly important part of our emotional lives, to say nothing about the role that food plays within our family and amongst friends. We gather around a table of food at dinner with our children, and at holidays with our family, and at restaurants with our friends. But the shockingly powerful role that our daily meals can have on our long-term health is usually not discussed--or known--by most of us.

The science

And yet, the science is crystal clear that changing the ingredients that go into what we eat--you don't have to change the food, just a few of the key things that go into a recipe--can have immediate and dramatic effects on your health. In as little as a week, you can drop your cholesterol by 40-50 points. You can lose 15 pounds. You can have diseases that have plagued you for years fade away in a few weeks. The very same physicians, scholars, nutritionists, and researchers who lecture at our Immersions have witnessed first-hand thousands of people reverse their heart disease, reverse their Type II diabetes, get off many if not all of their medications, and lose hundreds of pounds -- in a clean, healthy, sustainable way. The list of seemingly impossible changes to your health can be nothing short of profound, and visible in the mirror within weeks.



Not A Diet

Engine 2 is not a diet. It is a change in how you approach the food you eat. Nothing is more intimate and personal than what you put in your mouth each day to feed and nourish yourself. When you learn the 'Why' and the 'How' of food--why the 'Standard American Diet' is so extraordinarily hard on the body, what foods to wean yourself off of, what foods to integrate into your diet and how to do that--it is our experience that your entire life is transformed.

Sharing Knowledge

The knowledge we bring to you, and the tools we teach at our 'Farms 2 Forks' weekends represent the 'best practices' and most effective ideas from luminaries in the Plant-strong field. Just as Rip has been able to help hundreds of firefighters across the country transform their bodies, their health, and the health of their entire families by taking these dense concepts and making them real, practical, and adoptable -- a weekend with Engine 2 will give you that same knowledge, understanding, and confidence to succeed in a new approach to the foods you eat.

Unique Immersions

Each Immersion is different--different settings, different menus, and different chefs conduct cooking lessons. But whichever Immersion you attend, wherever it is, you will be taught by and interact with some of the most amazing and skilled practitioners from their fields anyone could find. We invite the best teachers so that you can learn the most knowledge possible, in a weekend packed full of lectures, demonstrations, and events. And we try mightily to keep the costs down, so that as many people as possible can afford to attend.

We are happy to answer any questions you have about our programs, and hope to see you at an Engine 2 Immersion very soon.



In The Kitchen with Coach BJ

with BJ Reed

Who doesn't like the crunch of CHIPS!

Well, you can have the flavor and crunch without the oil in just a few minutes in your microwave. It's so easy and nutritious...it's just not right!

Here are a few simple steps:

- (1) For potato or sweet potato chips - slice 1/8" potatoes, shake on salt-substitute or other seasoning, or
- (2) for taco chips - take a whole wheat tortilla and cut it into desired size chips, shake on chili powder or taco seasoning.

To cook the potato chips or the taco chips, place a single layer between two pieces of parchment paper, then place

the sandwiched slices into the microwave. Or if you have a microwave grill, place a single layer directly on the grill, for a crispy chip place a piece of parchment paper on top. Depending on your microwave power, cook on high between 2-4 minutes, watch until they are cooked to your likeness. That's it, you will eat them as fast as they come out of the microwave! Note: There is a microwave chip maker too, I have one on order, I'll keep you updated.



Note You can also make chips in a conventional oven. Turn the heat up high to 425. Place your chips on a parchment paper or a silicone mat on a cooking sheet. Watch carefully until done (but not burned).



BJ Reed takes plant-strong cooking to contests and cook-offs.

What have you
"chipped" lately?
Tell us about your
experiments, success,
and failures in making
chips. We'll share it
with others in search
of that crispy crunch
we all crave.

Karen Benham
<kbenham99@hotmail.com>
3876 Alfalfa Lane
Fayetteville, PA 17222

POTATO, SWEET POTATO, OR TACO CHIPS

Potato or Taco Chips

1/8" slices of potatoes or

1/8" slides of sweet potatoes or

Whole wheat tortilla cut in pieces

Salt substitute

Chili powder

Taco seasoning

Place a single layer between two pieces of parchment paper, then place the sandwiched slices into the microwave. Or if you have a microwave grill, place a single layer directly on the grill, for a crispy



chip place a piece of parchment paper on top. Depending on your microwave power, cook on high between 2-4 minutes, watch until they are cooked to your likeness.

GOT BEANS? MAKE POTATO SALAD

A Clean-Out-the-Refrigerator Recipe from Nancy Norwood

Red potatoes, gold potatoes, blue potatoes -- use them all. Add some sweet bell peppers with colors. How about some green beans, lightly steamed or raw? Something from the allium family will give it some bite -- onions, scallions, leeks. Chop some fresh parsley. Fold in the dressing and you have a fat-free, egg-free, mayo-free potato salad that can sit on the picnic table with confidence.

Potato Salad Dressing

Cooked or canned white beans (navy, canellini), drained

Bragg's cider vinegar

Prepared mustard to taste, your choice of yellow, brown, or horseradish

Bragg's Amino Acids to taste (optional)

Honey or agave to taste (optional)

Mash cooked beans. Using a food processor or blender will help the skins to mash. Add a good amount of vinegar, but not so much that the dressing becomes too runny. Add prepared mustard to taste. Add a bit of Bragg's amino acids. Be careful about darkening the dressing. If you like a sweeter dressing, add honey or agave to taste. Add the dressing to your potatoes and other vegetables and fold in gently.

The Starch Solution: Every Successful Culture Was Largely Starch-Based (Video)

DRMCDUGALL.COM

The Starch Solution. What is it?

According to John McDougall MD, it's the answer to many of the world's health, hunger and environmental problems.

It's also the title of a fascinating talk by Dr. McDougall, which we are bringing you below on video. The Starch Solution is about how the human body is adapted to eat a predominately starch-based diet, with fruits and veggies added.

In his talk Dr. McDougall shows how every large successful culture throughout history has flourished on an unprocessed, largely starch-based diet, not a meat-heavy one.

The modern widespread heavy meat diet is relatively new in history, a dangerous experiment in human health with little precedent.

This is the FULL 1 hour and 15 minute talk from Dr. McDougall at the VegSource Healthy Lifestyle Expo in October. With the permission of Dr. McDougall we are making this FULL TALK available below to watch online. <http://www.vegsource.com/news/2010/11/the-starch-solution-every-successful-culture-was-plant-based.html>



Nutrition Facts

Serves 3.

Calories 353 Calories from Fat 21

Total Fat 2g, 3%

Saturated Fat 0g, 0%

Cholesterol 0mg, 0%

Sodium 57mg, 2%

Total Carbohydrate 67g, 22%

Dietary Fiber 5g, 20%

Sugars 1g

Protein 14g

Vitamin A 1% Vitamin C 27%

Calcium 2% Iron 2%

SOBA NOODLES, RED ONIONS AND BRUSSELS SPROUTS

A Recipe from *On Target with Coach BJ*

Soba Noodles, Red Onions & Brussels Sprouts

- 1 red onion, sliced
- 1 (9 1/2 ounce) package low sodium soba noodles
- 1/4 cup water to saute
- 1 12-oz pkg frozen Brussels sprouts, or fresh, steamed
- 2 tsp low sodium Worcestershire sauce
- 1/2 tsp low sodium tamari sauce
- 1/4 tsp liquid smoke
- 1/2 tsp garlic powder
- 1 tsp ginger, minced

Steam the Brussels sprouts. In a non-stick skillet, sauté onions in a bit of water until translucent. Cook the soba noodles following package directions



(boil 4 minutes) then rinse. In the skillet add remaining ingredients to onions, stir and heat. Serves 3.

Be a Contributor to

EAT 4 THE HEALTH OF IT

Send experiences, stories, ideas, tips, recipes, mistakes, how-to-cook-it, how your life improved with healthy eating, shopping leads, what you do when times are hard, gardening tips, equipment suggestions, what your doctor has said, what your friends and family have said, potluck notes, diary notes and photos, photos, photos to:

Karen Benham <kbenham99@hotmail.com>
3876 Alfalfa Lane, Fayetteville, PA
17222

If you are receiving this
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electronically, simply click on the
websites or email addresses and
those pages will open for you.

Look for information in the next
EAT 4 THE HEALTH OF IT
about Coach BJ's upcoming Cook
Off Contests. Prepare to jump out
of your traditional mixing bowl to
create plant-strong recipes for
show-and-tell.

EAT 4 THE HEALTH OF IT

*A monthly newsletter for
Healthy Eating Adventurers*

3876 Alfalfa Lane, Fayetteville, PA 17222