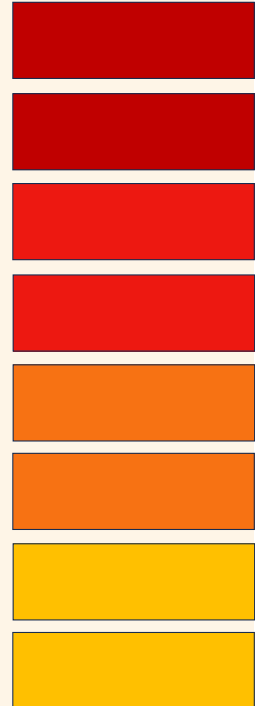


Pillars of Well-being: Lifelong Benefits of Family Connections and Clean Eating

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Wellness Journey: Pillars of Well-being

We continue our explorations of the pillars of well-being – powered by traditional foods.

June is National Family Month! We are focusing on benefits to support family bonds and your long-term health. Let's discuss how clean eating and healthy lifestyle habits can help detox our body and mind from daily stress.

Families can come in many forms. You define your supportive community you call family.



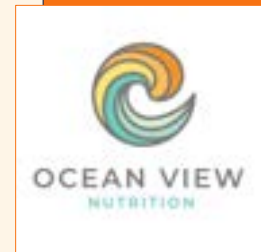
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Kitchen on Fire & Ocean View Nutrition

We bring people together through cooking, nutrition and a sense of community.

Public cooking classes
Corporate events
Individual consulting
Virtual & In-Person

- **BUY** seasonal, local, organic and GMO free when possible
- **COOK** using healthy cooking techniques
- **EAT** a variety of whole foods including herbs and spices
- **SHARE** and enjoy meals with friends and family
- **AWARENESS** of allergies and sensitivities



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Objectives for Today:

Lifelong Benefits of Family Connections and Clean Eating

1. Health benefits of family connections
2. Create healthy family habits to help detox the body
3. Commit to lifestyle habits for clearing the mind
4. Establish a family menu to support long-term wellness
5. Set SMART Goals – to support family well-being



Chef Olive's demo
One-dish meal supporting the body & mind
Grilled Zucchini Rolls

BONUS: Raffle prize to support family meals!

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Where is Chef Olive?

He's leading by example...

*Spending time with
family and eating clean!*



Health benefits of family connections

We do best at executing on things that bubble to the top of our list. National Family Month helps us take the time to acknowledge the importance of the family unit.

Family dynamics and habits shape our lives. Let's prioritize family for the benefit of all generations.

- Boosts self-confidence
- Provides an opportunity to form emotional connections
- Promotes adaptability and resilience
- Teaches conflict resolution
- Supports behavior and academic skill development
- Promotes value brought by all generations

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*And what else? Ah, yes,
stress reduction!*

Polling question

Do you have a family tradition
from childhood that you feel
benefits your life today?

Multiple choice (chosed all that apply)

Please share in the poll

Healthy family habits to help detox the body

- Planning the dinner hour – so helpful if you can make it happen!
 - Plan meals together including favorites from everyone
 - Kids can help select vegetables by color or other factors
 - Introduce new foods as a regular part of the menu
 - One meal for all, except for dietary restrictions
 - Avoid pushing for a ‘clean plate’, which can lead to overeating
- Balancing the strict dinner time with the needs of sports or other activities
 - A strict dinner time for everyone together is not always possible today
 - Balance the needs across the family members, without leaving anyone out
 - Find ways to connect – breakfast time, later in the evening, Sunday evening?
- Evening Snacks / Sweets
 - Avoid a sweet evening snack becoming a daily habit
 - Grab and go - Fruit and nuts, yogurt with fruit, trail mix
 - Homemade simple items - frozen yogurt, fruit chips (dried apple crisps)

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Chat comments

Do you have a daily family tradition to share?
Or just share an idea for something positive.

Please share in the chat



Commit to lifestyle habits for clearing the mind

Today we are talking about a gentle daily reduction in toxicity to the body and mind. Not an intense fast or flush of the system.

- Mental / Emotional – clear the mind daily, avoid bottling it up inside
 - Talk it out – Share the good and the ‘frustrating’ at dinner
 - Walk it out – Getting in a workout or walk in the evening
 - Write it out – Journaling is a great way to think things over
- Do what brings you joy - even for a few minutes
 - Connect to the earth – take off those shoes and walk on the ground
 - Take in the view – Refocus your eyes on nature for a few minutes
 - Quick reset - Read a few pages or watch a short video

Establish a menu to support long-term wellness

Help avoid toxicity buildup with good daily habits

- Foods to include – include at least one each day
 - Cruciferous family
 - Leafy and Bitter Greens
 - Spices – turmeric, ginger, green tea, etc. (most are beneficial)
 - Fermented foods
 - Other – beets, artichokes, asparagus, garlic, onions, lemon
- Macronutrient Balance – (an example for general family needs)
 - Equal portions: protein, crunchy veg, leafy veg, starchy or grain
 - Vegetarian menu: high protein veg, crunchy veg, leafy veg
- Hydrate –
 - Stay hydrated – you’ve heard this before; it’s still important

Gut-Brain Connection – what helps one, helps the other

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*Ever notice you
think clearer when
eating clean?*

Raffle Prize!



Durable cast iron skillet offers reliable performance with its enamel coating, side handles, and lid for versatile cooking

Set SMART goals to Embrace Family Connection

Invest in yourself from the inside out!

- ✓ 1 Goal to help build lifelong family connections!
- ✓ 1 Goal to help build habit to support daily detox!

What do you want to share?

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Specific
Measurable
take Action
be Realistic
Time-oriented



About us

- Kitchen on Fire Cooking School
 - For the Home Chef in Berkeley & Oakland since 2005
 - Owned by Chef Olivier Said (founder) & Lisa Miller
 - Hands-on Cooking Classes, Events: In-Person and Virtual
 - Nutrition Education, Corporate Wellness, Individual Consulting
 - lisa@kitchenonfire.com
- Ocean View Nutrition – Consulting & Public Speaking
 - Owner & Nutrition Consultant, certified
 - Consultations, Classes & Presentations
 - lisa@oceanviewnutrition.com



Link to today's presentation,
demo info and more
[https://www.kitchenonfire.com/
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being](https://www.kitchenonfire.com/assetmark-the-pillars-of-well-being)



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