

WELLNESS JOURNEY – HEALTHIER TOGETHER

There is no *Planet B*

Nourishing our bodies and our planet through mindful kitchen habits.

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We aim to be
Healthier
Together –
growing our
wellness
toolkit with
traditional
foods, healthy
habits, and
goal setting.

Continuing our 2026
Wellness Journey

Wellness Journey – Healthier Together

This month's focus:

- Sustainability, Earth Day and greener living
- A demo of a delicious dish that avoids waste
- A wellness discussion on how to support the health of our body, our budget, and the PLANET!



Chef Olive's Kale and Chickpea Ratatouille

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

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

Kitchen on Fire & Ocean View Nutrition

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



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Why *sustainability* matters to health



Nutrient density

increases when soil health is prioritized in farming



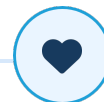
Reduced inflammation

avoid additives found in ultra-processed, packaged foods



Active transport

walking or biking boosts heart and mental health



Lower stress levels

simplified routines and reduced decision fatigue.



Community

combats loneliness and builds social resilience

Simplicity is Sustainability

PLUS! Protect future generations by preserving the ecosystems that sustain human life.

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Recycling & Composting: Feeding the Soil

♻️ Smart Recycling

- ✓ **Packaging:** Clean metal, glass, and rigid plastics (#1-2) protect our food supply chain.
- ✓ **Microplastics:** Proper disposal keeps plastics out of waterways and the fish we eat.
- 💧 Rinse food residue to prevent contamination of recyclable batches.



🌿 Composting = Nutrition

- ✓ **Nutrient Loop:** Food scraps return nitrogen & carbon to soil, growing healthier produce.
- ✓ **What to Compost:** Fruit/veg peels, eggshells, coffee grounds, tea bags.
- 🌍 **Impact:** Reduces methane emissions and builds soil microbiome health.

Start This Week



1. Keep a "scrap bowl" on the counter while cooking.
2. Freeze scraps for **vegetable broth** before composting.
3. View composting as "feeding the soil" that feeds us.

Reduce Carbon, Improve Health

Wellness Wins

-  **Variety of Proteins:** Your body benefits from the variety as long as it's good quality
-  **Active Transport:** Walking or biking replaces emissions with cardiovascular exercise.
-  **Local Food:** Farmers markets mean fresher nutrients and fewer food miles.
-  **Home Environment:** Natural ventilation and non-toxic materials improve indoor air quality.

Active Living

-  **Weekly Farmers Market:** Visit a market to be one step closer to your food source and get in some steps.
-  **Motion is Medicine:** Replacing short car trips with biking, walking and perhaps including public transit reduces stress and boosts mood.



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Menu Reuse: Maximize Nutrition, Minimize Waste




Smart Meal Prep

- ✓ **Plan Once, Eat Twice:** Cook double portions of grains or proteins to save time and energy.
- ✓ **Nutrient Retention:** Store in glass containers keeps produce crisp and vitamins intact.
- ✓ **Portion Control:** Pre-packing lunches prevents overeating and ensures balanced macros.



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Wellness Wins

-  **Reduced Decision Fatigue:** Knowing what's for dinner lowers stress levels after work.
-  **Food awareness:** Homemade "fast food" outperforms take-out – you are what you eat
-  **Zero Waste:** Using every part of the vegetable (stems for pesto, scraps for broth) maximizes fiber intake.

Transform leftovers to keep meals exciting and balanced. Turn roasted veggies into a frittata for protein or blend cooked beans into a dip for healthy snacking.

Bulk foods are often the freshest, most cost effective and often some of the best quality options.



Rethink packaging



Choose Whole Foods

Package-free often means unprocessed. Buying from bulk bins or produce sections naturally leads to cleaner, nutrient-dense whole food choices.



Reduce Chemical Exposure

Avoiding plastic packaging minimizes exposure to microplastics and endocrine disruptors (like BPA/phthalates) that can leach into food.



Access Fresher Ingredients

Shopping the perimeter and bulk aisles typically means getting fresher ingredients that haven't sat in preservatives on a shelf for months.



Glass or Silicone Over Plastic

Store foods in glass jars or silicone bags at home. It keeps food visible (so you eat it!) and prevents chemical migration during storage.

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Raffle Prize

Healthy Kitchen Gift Box

- Cutting Boards Made from Wheat Straw
- Premium Silicone Food Storage Bags
- Natural Wood 4-piece Utensil Set
- Swedish Dish towels - plant-based & biodegradable



Set SMART Goals

Invest in yourself from the inside out!

Examples of Goals:

- 📅 Save leftovers for lunch **3x/week** to prevent food waste.
- 👣 Get some steps in and **leave the car at home** for one errand a week.
- 🥬 Save vegetable scraps for stock **every time** you chop for 3 weeks.
- 🛒 Buy loose produce (no plastic bags) for **all fruit** this month.
- 🍴 Avoid using **single use plastics** and other disposable items for snacks and lunches for one month.

Specific
Measurable
take Action
be Realistic
Time-oriented

Take 5 minutes today to create 2 goals; add it to your calendar as a recurring monthly reminder on the 1st of the month! 😊

Do you have an idea to share?

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About Us

- Kitchen on Fire Cooking School
 - For the Home Chef in Berkeley since 2005
 - Owned by Chef Olivier Said (founder) & Lisa Miller
 - Hands-on Cooking Classes & Events (In-Person/Virtual)
 - Nutrition Education, Corp Wellness, 1 on 1 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/
assetmark-healthier-together/](https://www.kitchenonfire.com/assetmark-healthier-together/)