

For the love of food

Teaching friends and family
To eat better through small dinner parties
And Family Meals

Please join _____

Date_____ Time_____

Address_____

Phone_____

The For Love of Food Project demonstrates a style of eating that takes the worry out of mealtimes. By combining more fruits and vegetables with everyday menus and eating on a regular, predictable schedule we simply eat better; sodium, cholesterol and calories will be reduced, and fiber, potassium and vitamins increased. This menu can literally reverse the increase in diet related diseases.

Eating well can truly be as simple as that!

It is hoped that you will be able to attend and consider hosting a dinner party* of your own based on the same guidelines passing on the experience of a healthy way of eating to your friends and family.