Wellness Journey: Pillars of Wellness

Fun for the Holidays

Lisa Michelle Miller BS, NC

Nutrition Consultant, certified

Ocean View Nutrition – Nutrition Consulting

Kitchen on Fire – Cooking School



Wellness Journey: Pillars of Wellness

We continue our focus on making positive changes one pillar at a time!

Let’s uplift our spirits for the holidays! This month we indulge our senses as we kick off the holidays with fun treats and healthy tips to navigate the season.

Ready for some TRIVIA?



Cranberry Mistletoe Margaritas and Healthier Chocolate Cupcakes

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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

kitchen on fire cooking school

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Objectives – Ramp up the holidays with memorable events

Add a dash of fun and a healthy twist to your holiday favorites

1. **Quality ingredients** make a difference
2. **Create memories** together in the kitchen
3. **Lift your spirits** with healthy treats
4. **SMART goals** to enhance your holidays!



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Fun facts about *mistletoe*

- It is a parasite that grows on oak trees
- It is toxic if ingested, though has medicinal properties
- Kissing under the mistletoe is a European tradition
- Hanging mistletoe is a festive way to wish luck and love to everyone in your home



Hanging mistletoe is a festive way to wish luck and love to everyone in your home



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Fun facts about *cranberries*

- High level of antioxidants that can help to improve your immune system
- Rich source of vitamin A which is great for the eyes and skin
- Can help to reduce the risk of cancer and heart disease
- Helps to improve the immune system function
- Aid in preventing kidney stones
- Lower high blood pressure
- Good source of vitamin C
- Improve lipids levels
- *Cranberries are available year-round!*



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Health benefits of *chocolate*

- Antioxidants: Rich in antioxidants such as flavonoids (fight free radicals)
- Heart Health: Moderate consumption may reduce the risk of heart disease by improving blood flow and lowering blood pressure
- Mood Enhancer: Chocolate stimulates the brain to release endorphins and serotonin
- Cognitive Function: Some studies indicate the flavonoids may improve cognitive function
- Nutrients: High-quality dark chocolate is a good source of fiber, iron, magnesium, copper, and manganese



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Trivia

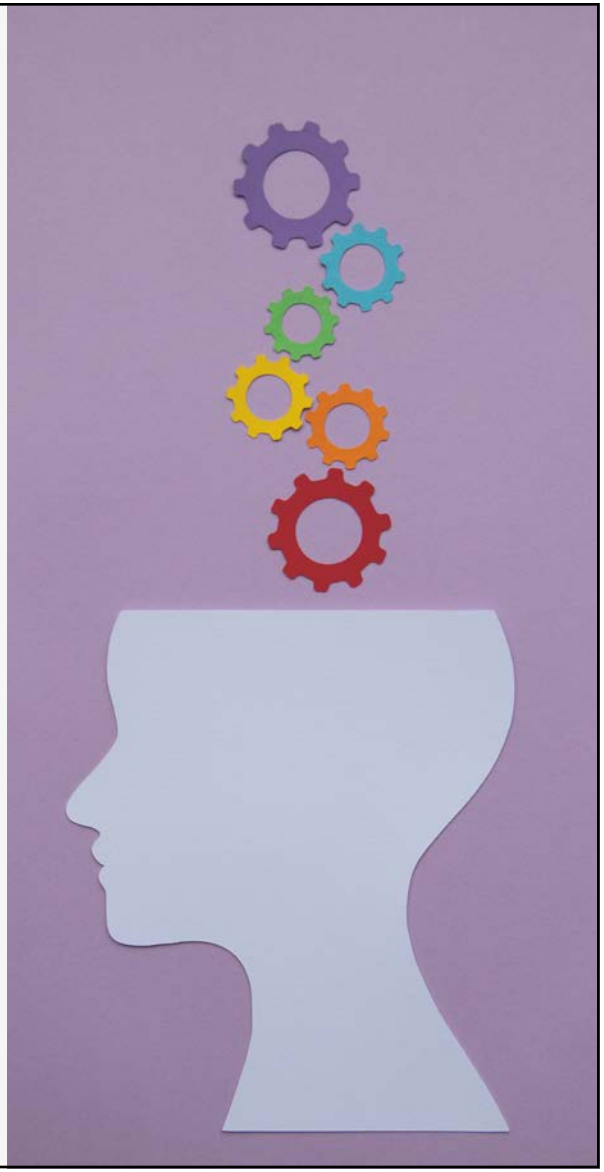
2025 Pillars of Wellness in review

Answer on chat to win!!!



TRIVIA – From each month's Pillar of Wellness

- Sleep: What did Chef Olive wear in the video for the session?
- Stress Reduction: One lifestyle or food suggestion to reduce stress
- Mental Health: One example from the Asian Pacific Islander Culture (*hint: ohana*)
- Clean Eating: One example of clean eating (*hint: we also talked about connecting with family*)
- Connecting with Nature: One way to bring nature into your life
- Hydration: One suggestion to about staying hydrated
- Exercise: What was the primary exercise discussed during the event?
- Personalized Nutrition: One key point about a personal nutrition plan
- BONUS: What did we make for the employees at the Health Fair?



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Set SMART goals to Enhance your Holidays

Specific
Measurable
take **A**ction
be **R**ealistic
Time-oriented



Invest in yourself from the inside out!

- 1 goal related to engaging in a healthy holiday activity
- 1 goal to consider gifts from your kitchen or the gift of your time

What do you want to share?

Looking for nutrition guidance to navigate the holidays and kick off the New Year?

A few spots are available Dec 11th and 12th!

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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, Corp Wellness, Individual Consulting
  - lisa@kitchenonfire.com

- Ocean View Nutrition – Consulting & Public Speaking
  - Owner & Nutrition Consultant, certified
  - Consultations, Classes & Presentations
    lisa@oceanviewnutrition.com

Link to this year's presentation, demo, etc.
https://www.kitchenonfire.com/assetmark-the-pillars-of-well-being

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