

WELLNESS JOURNEY – HEALTHIER TOGETHER

Taste of Tradition: *Classic Recipes ~ Connecting Communities*

Sponsored by the Veterans' ERG

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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



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

Celebrating our Veterans, not just on veterans' day

This month's focus:

- Explore Culinary Roots & Shared Heritage
- Support each other through community activities
- Adapt traditional recipes to meet nutritional needs
- Bridge communities to support health and heritage



Joe's Special, a longstanding tradition

*Did someone mention a **Raffle Prize?**
Stay until the end for a chance to win!*

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Honoring all
who served



Veterans' ERG: Learning about our sponsor



Although we have one day named for Veterans, our appreciation should not be expressed just 1 out of 365 days a year.



Groups were formed to support the needs of veterans dating back to the Civil War.

- Grand Army of the Republic (GAR): 1866, Union Civil War
- Veterans of Foreign Wars (VFW): 1899, Spanish-American War and Philippine Insurrection
- The American Legion: 1919, World War I



ERG Mission: To provide a psychologically safe space for Veterans of AssetMark to connect, network, and share resources. It is also a place to share stories and learn about benefits with organizations like the Veteran's affairs that are often overlooked.

Interested in joining the Veterans ERG or another Belonging Group? Diversity@AssetMark.com

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Warrior Needs Program

Bridging gaps in
access to care

How can you (non-military) help a veteran?

- Be genuine in your appreciation, not just because it's Veterans Day or someone is wearing a uniform, or you think you are supposed to say something.
- From the employer side, being understanding of the fluctuating demands/schedules of a Reservist. It's stressful to juggle the logistics of two very different lives, so that understanding and appreciation can go a long way.
- Support the ERG's chosen charity: **Hunter Seven Foundation** is a veteran-led 501(c)(3) nonprofit dedicated to preventing and detecting cancer through research, education, and accessible screening programs. As well for as those afflicted by diseases like Gulf War Syndrome and Burn Pits, that are currently not included in any treatment plans by Veteran's Affairs. <https://hunterseven.org/>



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Experience from a fellow AssetMark team member

"I ran the 50th Annual Marine Corps Marathon. I wanted to participate in a great event that supports the charities that the Marine Corps participates in (granted I was a soldier and served in the US Army). Plus being around active duty and reserve forces, brought up some good memories of my time in service. I do miss it from time to time but being able to sleep in when I want is a better perk in my opinion!"



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Let's join Chef Olive in the kitchen of the USS Hornet!



Explore Culinary Roots & Shared Heritage



Preserving History



Military Comfort Staples

- **Historic camp and hall dishes**—such as creamed chipped beef (SOS), field stews, and pancake breakfasts.
- **Evokes shared experiences**, nostalgia, and camaraderie across all service branches.
- **Joy in Cooking:** Gathering in the kitchen creates a relaxed, uplifting space that relieves stress and boosts mood.
- **Shared Pride:** Mess hall stories shared over delicious food reinforces identity, pride, and lifelong friendship.



Cultural Continuity

- Passing down **classic recipes** across generations.
- **Maintains a living connection** to military heritage, service, and shared sacrifice.

Support through comfort food

Physiology & Psychology – Mind and Body Wellness



Emotional Grounding

-  Familiar flavors and sensory cues trigger positive memories
-  Lowers stress responses and fosters psychological safety.



Nourishment for Health

-  Adapting traditional, calorie-dense classic recipes.
-  Balances wholesome nutrition with the comfort veterans know and love.



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Quality

Adapt traditional recipes to meet nutritional needs

Things to consider:

- Sourcing
- Organics
- Proper storage
- Cooking Methods
- Nutritional needs
- Activity level
- Health conditions

Q&A: Let's make our favorite dishes healthier!

What are some ideas for things we might want to consider adding and swapping to make dishes healthier?

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Food isn't just fuel

it's a preventive
wellness tool that heals
isolation, builds
community trust, and
keeps veterans
grounded in their
shared identity.

Bridge communities to support health & heritage

Building Local Impact



Community Programs & Peer Support Networks

- Launch local meal shares, potlucks, or recipe swap events.
- Structured cooking groups, post dinners, and kitchen workshops.
- Engages both younger and older veterans in a shared space.
- Directly combats social isolation—a critical driver of veteran wellness.



Bridging Generations

- Partner community volunteers with veterans to cook together.
- Record oral histories to preserve both health and military heritage.

We focused on food related examples,
since food is our focus, so many ways
to bring people together!

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Raffle Prize

12-Inch Cast Iron Skillet w/Lid

One pan, Endless Possibilities



Set SMART Goals

Invest in yourself from the inside out!

Examples of Goals to honor and support one another

- 📅 Provide heartfelt appreciation to a veteran once a month
- 👂 Take the time to listen to a vet **share a story** with family or friends
- 🍽️ Enjoy a simple healthy meal at home rather than getting takeout
- 🛒 Invite someone needing support to dinner, coffee or walk

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/
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