

WELLNESS JOURNEY – HEALTHIER TOGETHER

Ripe for the Picking: How Farmers Markets **Boost Your Health**

Nurturing Body, Mind, and Community

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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

kitchen on fire cooking school

OCEAN VIEW NUTRITION

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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

How Farmers Markets Boost Your Health

This month's focus:

- Support the power of local food
- Embrace health benefits for our body and mind
- Strengthen your local economy
- Build new social connections
- SMART Goals to enhance personal and community health through local foods



Vietnamese demonstrate Ratatouille and Bruschetta with Stone Fruit, Brie, and Balsamic

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

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The Power of Local Food

Peak Nutrition

Produce is picked at peak ripeness, retaining maximum vitamins, minerals, and antioxidants compared to long supply-chain produce.

Superior Flavor

Shorter farm-to-table time means richer taste and better natural texture without synthetic preservatives or artificial waxes.

Seasonal Variety

Eating seasonally naturally diversifies your nutrient intake throughout the year, supporting optimal gut health and immunity.



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Health Benefits for Body and Mind



Physical Wellness

- Richer intake of fiber and bioactive compounds significantly reduces chronic disease risks.
- Organic and low-pesticide options minimize overall daily chemical and toxin exposure.

Mental and Emotional Well-being

- Outdoor shopping promotes natural sunshine, light physical exercise, and stress reduction.
- Seasonal eating fosters a grounding, mindful connection with nature's natural cycles.

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Strengthening Your Local Economy

90¢ of every dollar spent stays with the grower at Local Markets

<15¢ of every dollar spent stays with the grower at Grocery Chains

Local Multiplier Effect

Money spent at local markets circulates within the immediate community, directly supporting local families, creating regional jobs, and driving sustainable business growth.

Sustainable Agriculture

Supporting small-scale farms preserves valuable local farmland, reduces carbon footprints, and encourages environmentally friendly farming practices.



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Building Social Connections

Know Your Grower

Direct conversations with local farmers build lasting trust and teach you exactly where and how your food is cultivated

Community Hub

Markets serve as vibrant neighborhood gathering spaces to meet friends, artisans, musicians, and local community organizers.

Culinary Inspiration

Swap fresh recipes, seasonal preparation tips, and cooking techniques directly with enthusiastic vendors and fellow shoppers.

Plan your next family outing to the Farmers' Market

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Raffle Prize

Bread Pilot Adjustable Knife & Enameled Cast Iron Steak Grill Pan



Set SMART Goals

Invest in yourself from the inside out!

- **Personal Goal:** Each week buy at least 2 new seasonal fruits or vegetables to expand nutritional variety.
- **Budgeting Goal:** Allocate $30 of the weekly grocery budget specifically to local farm vendors and producers.
- **Community Goal:** Bring a friend or family member to the local market once a month to build social habits and support local growers.

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



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

Do you have an idea to share?

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
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Link to today's presentation, demo info and more
https://www.kitchenonfire.com/assetmark-healthier-together/