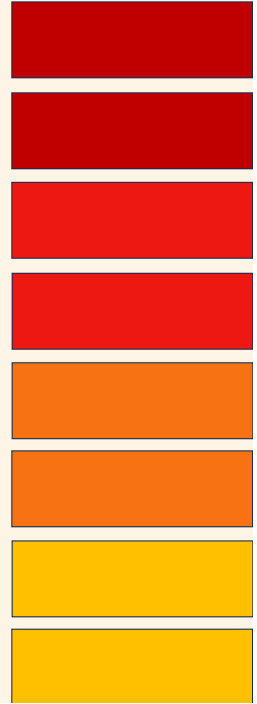


Wellness Journey: Living Your Best Life

Hispanic Heritage: Celebrating Pioneers of Change

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Ocean View Nutrition – Nutrition Consulting
Kitchen on Fire – Cooking School

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Wellness Journey: Living Your Best Life

We continue our focus on making positive changes for living our best life – powered by traditional foods and cultures.

The enjoyment and significance of bringing people together for a meal is an essential part of the Hispanic Heritage. Let's embrace the opportunity to learn more and share stories today.



Sign up for a 1:1 nutrition session! Oct 15th & 25th
See the chat for today's session for more info

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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



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Objectives for Today – Celebrating Hispanic Culture

1. Food is a vital part of cultural identity
2. Grilling as part of a healthy traditional cuisine
3. The importance of family, music and togetherness
4. Encouraging participation in areas outside of your own
5. Set SMART goals to explore Hispanic cuisine



Chef Olive will demonstrate a culturally popular **Carne Asado and Salsa Verde**

BONUS:
Raffle Prize selected by the HOLA team

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Today's session is sponsored by HOLA



HOLA's Mission:
To serve as a place for AMK employees to engage, celebrate Hispanic heritage and culture through education, inspiration, and mentorship.

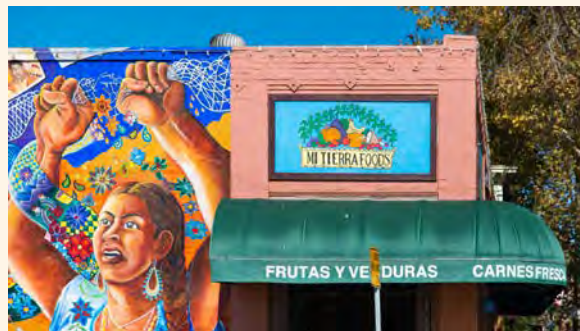
If anyone would like to participate in the Hispanic Organization for Latino/a/x Advancement, please reach out to the email below.

HOLA@assetmark.com

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Let's join **Chef Olive** and the HOLA team as they visit a local Hispanic foods market



We appreciate families investing in bringing culturally diverse products to local communities!

Support local small businesses!

Food is a vital part of cultural identity

The asada is, in essence, a barbecue

- The Mexican tradition of carne asada (as a dish) stems to the 16th Century, when Spanish Jesuit colonizers settled in northern and north-eastern Mexico, developing the cattle industry, and making beef a mainstay of the local diet.
- Carne asada parties are a way for communities to celebrate their heritage and connect with each other.
- Carne asada is a staple meal for birthdays, and other celebrations, at the park on Sunday afternoon when everyone brings something to share and add to the grill.

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Grilling as part of a healthy traditional cuisine

Grilling is one of the oldest cooking methods (2 million years) making food safer to eat and more digestible



Tips for Perfect Grilling

- Avoid overcooking and charring to preserve nutrients & prevent the production of harmful compounds
- Pat marinated meats to remove any excess oil before going on the flame
- Use flat cuts of meat to help ensure even cooking (i.e., flap, skirt, flank)
- Flip food often to cook evenly and reduce burning, when on high heat

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Make it a grilling party for friends and family!

Grilling as part of a healthy traditional cuisine

Now that we've covered tips for grilling, what else should we consider to counter the effects of charring?

Adding Antioxidant-Rich Foods

- Fresh vegetables and herbs; Grilled or raw vegetable salads
- Onions and garlic – extra protective benefits
- Herbs & Spices: rosemary, thyme, oregano, cumin, chili, paprika, ginger

Adding Healthy fats

- Oils are healthiest when kept out of the flame. Adding sauces and condiments, i.e., pesto, chimichurri, salsa, etc., after cooking will preserve their health benefits
- Lard is traditionally used for making tortillas, pastries and desserts; Lard from a healthy animal is a protective, restorative fat

Oregano has amazing health benefits (both fresh & dry)



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Importance of family, music and togetherness

Family memories

- Asadas are a joyful nod to their heritage, a gathering associated with love, friendship, family, and community.
- Everybody brings something to share; grandma brings her homemade tortillas.
- Musical instruments and singing are typically part of the evening.

Continuing the tradition

- In the early 20th Century, asadas started smoking in North American backyards and parks. Immigrants from Mexico started to come to the US in the 1900s, they brought their love of carne asada and tradition of gathering around a grill.



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Participation in cultures other than your own

Learning from each other

- HOLA welcomes all team members to join in the celebration of Hispanic Heritage.
- There are benefits to learning about and experiencing the habits and traditions of multiple cultures.
- As we learn we develop an appreciate for everyone's differences and similarities.

Food as a vehicle to step into another area other culture

- Travel to other countries or regions is fabulous when you have the opportunity, though let's also appreciate the diversity right in front of us
- Stopping at a restaurant or market focused on a different culture
- Taking part in a street fair or block party honoring another culture
- Taking a cooking class with foods from an area you haven't explored – (I couldn't resist! 😊)

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Do you have a mix of cultures in your household?

Set SMART goals to appreciate cultural diversity



Invest in yourself from the inside out!

- 1 goal to try a new recipe from Hispanic Heritage
- 1 goal to introduce an aspect of cultural appreciation from a background other than your own into your life!

What do you want to share?

Some spots still available

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Specific
Measurable
take Action
be Realistic
Time-oriented



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, Corporate Wellness, Individual 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/
living-your-best-life](https://www.kitchenonfire.com/living-your-best-life)



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