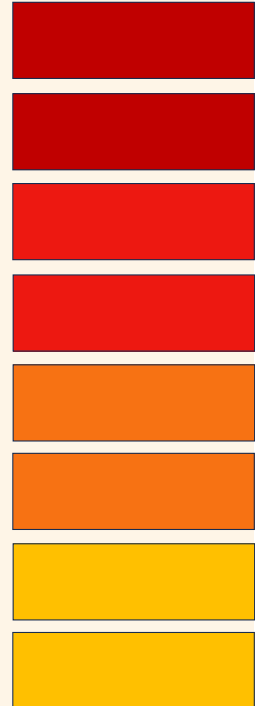


# Wellness Journey: Living Your Best Life

## Oktoberfest: Apple Harvest and Hops

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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, healthy habits, and SMART goals.

Living our best life starts with uplifting our spirit! Gather with friends and family, learn about a new culture or tradition and celebrate simple blessings. This month Oktoberfest! Let's make it a party!

What are your favorite celebrations during the year?



1 Consult  
opened for  
Oct 25<sup>th</sup>

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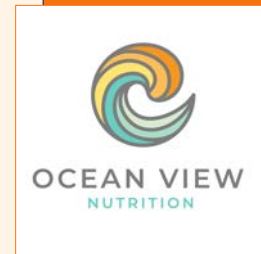


## Kitchen on Fire & Ocean View Nutrition

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 – Celebration of the Month!

The enjoyment and significance of bringing people together for a meal is an essential part of living our best life.

1. Expand our cultural experiences
2. Incorporate seasonal foods
3. Celebrate often and inspire others
4. Set SMART goals for daily gratitude



Chef Olive will demo a seasonal cultural dish

**Apfelpfannkuchen**  
(German Apple Pancake)

**BONUS:**  
Raffle Prize - bring  
the party to your  
kitchen!

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## Let's celebrate Oktoberfest, Apple Harvest and Hops!

- Have you been to an Oktoberfest?
- Did you enjoy food and beer?
- Did you dance or sing?
- Did you have fun?



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Let's join  
**Chef Olive!**  
He might be  
having too  
much fun!



## Expand our cultural experiences

Let's learn 5 things about a tradition that is new to you.

- What year was the Oktoberfest started?
- What started the Oktoberfest celebration?
- What weekend is the typical time to celebrate Oktoberfest?
- What is the primary musical instrument at Oktoberfest?
- What beer is traditionally served at the Oktoberfest?

Today's illustration is Oktoberfest!  
And tomorrow?

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## Incorporate seasonal foods

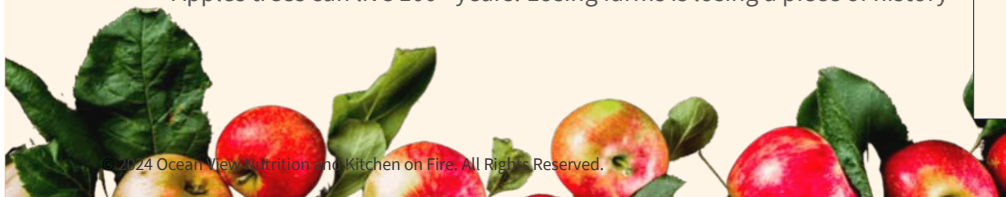
Nutrition:

- Superior flavor, texture, and higher nutrients when fresh from the tree
- Quercetin, catechin, and chlorogenic acid help fight free radicals, chronic diseases and oxidative damage
- High in vitamin C, B and K and 4 grams of fiber in the average apple!

Community:

- Harvest season activities boosts farmers and the surrounding area
- Buying local helps keep local farmers going
- Apples trees can live 100+ years! Losing farms is losing a piece of history

*What makes the  
crunching sound  
when eating an  
apple?*



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## Importance of family, music and togetherness

Sometimes it feels family/friend togetherness is only touching on the tactical items to get through the week.

We know we will benefit from the joy of outside activities with friends and family...

let's count some of the ways as a reminder!

1. Improves mental Health
2. Boosts self-confidence
3. Reduces stress
4. Promotes adaptability and resilience
5. Enhances physical health (dancing at the Oktoberfest!)
6. Expands your pallet
7. Lengthens life expectancy

*Do you want my advice? 😊*



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## Celebrate often and inspire others

One of the challenges in our business lives is to balance what fits in

- It's rare that good things happen (regularly) without a little effort
- We need to **actively** determine what happens in each day
- Plan your next celebration – set that as a goal

Personal goals

- Do you plan and set goals at work each week/month/year?
- Do you (and your manager 😊) see better results when you do?
- Give your personal life the same level of importance! **Live your best life!**

Are you the organizer or the one that jumps on board?

*There is no wrong answer. We need both in our social circle*

*Live your best life!*

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## Set SMART goals to appreciate cultural diversity



### Invest in yourself from the inside out!

- 1 goal schedule something new that involves food
- 1 goal try one cultural dish a month... and invite a friend or family member to join you!

*What do you want to share?*

See you at the Health Fair on October 30!  
I'll be joining everyone with a virtual presentation  
to kick off the day and onsite in Concord!



Specific  
Measurable  
take Action  
be Realistic  
Time-oriented

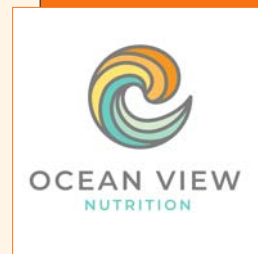
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## About us

- 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, Corporate Wellness, Individual Consulting
  - [lisa@kitchenonfire.com](mailto:lisa@kitchenonfire.com)
- Ocean View Nutrition – Consulting & Public Speaking
  - Owner & Nutrition Consultant, certified
  - Consultations, Classes & Presentations
  - [lisa@oceanviewnutrition.com](mailto: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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