



Alyssa Matthews



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Sarah Alter

FOOD





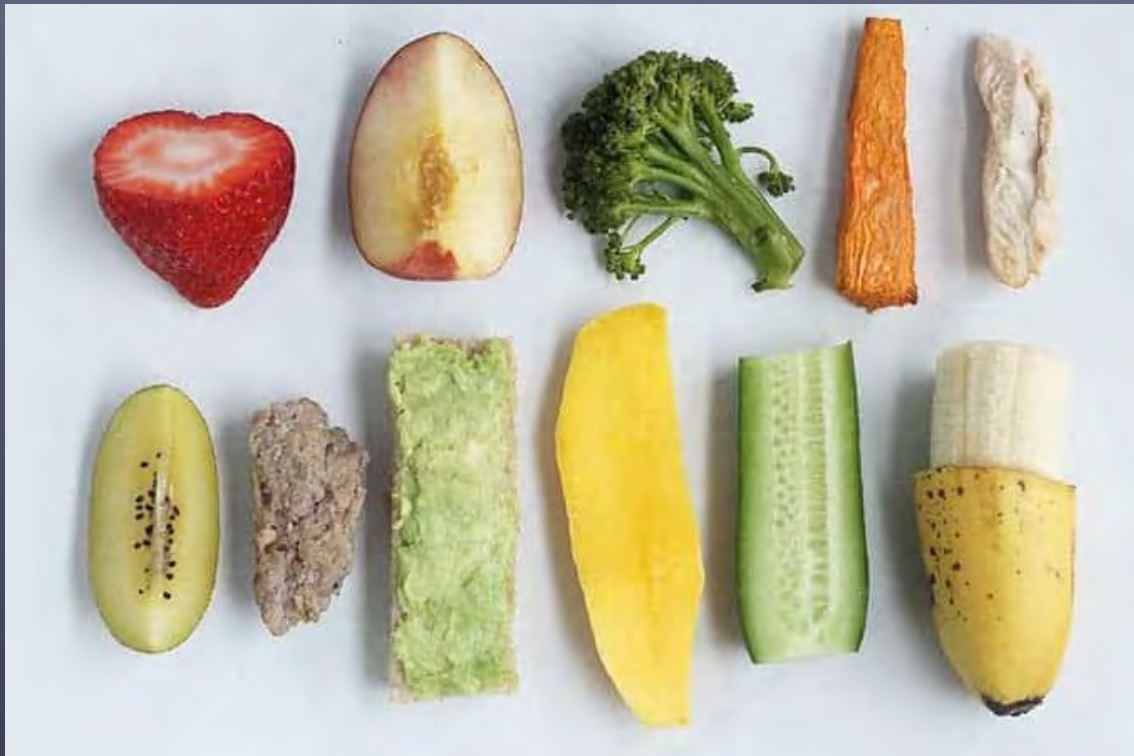
• FORAGING FROM THE WATER



FORAGING IN THE FOREST IN WASHINGTON STATE



Baby Led Weaning



Brain-Boosting Foods

Plus, fun ways to add them to your family's diet



Eggs



Peanut Butter



Whole Grains



Salmon



Berries



Apples



Beans



Colorful Vegetables



Dairy



Brain boosting foods,
healthy fats, and no added
sugars or salts.

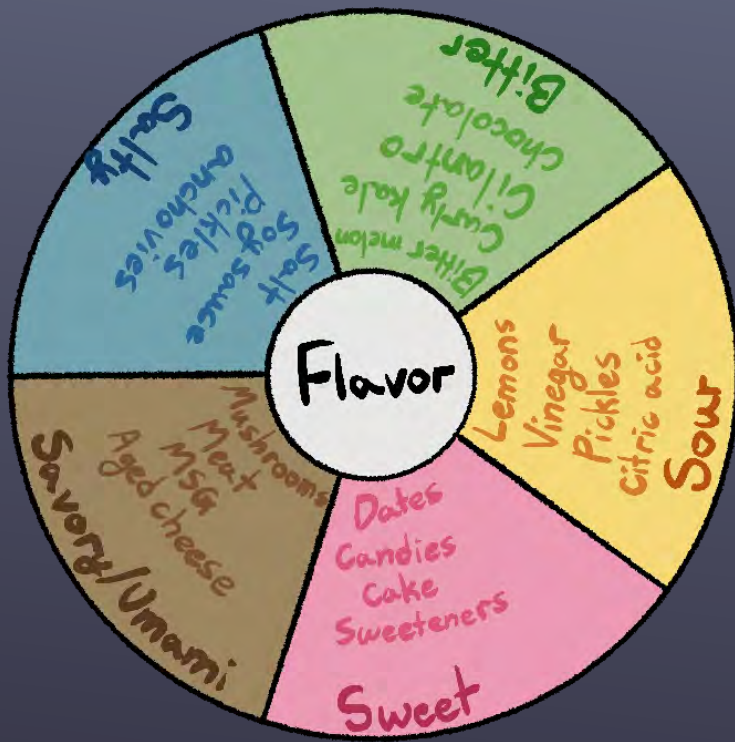


Foods can bring healing to your body physically but also mentally and spiritually.

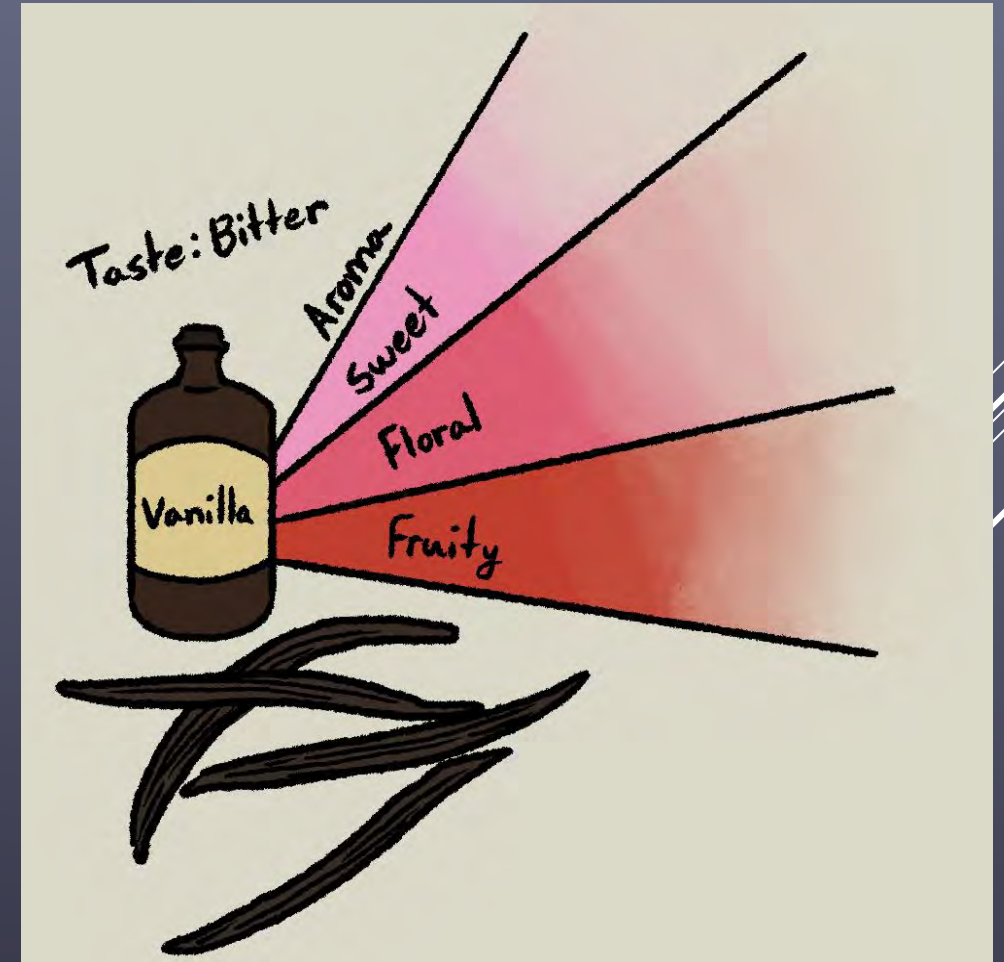


Flavor and its importance

Spicy = Pain receptor — Technically not a taste



Possible 6th taste: **Fatty** (Natural fats & oils)



Which would you rather eat?



Garlic pan-roasted broccoli



Plain boiled broccoli

Spices and Herbs



RESOURCES

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