



To start off the 2017 New Year The OFI will host two events in January.

January 9th, 6:30 p.m. - Book Discussion

Food Matters by, Mark Bittman
at the Perry-Griffin Community Room on High St.

January 13th, 6:00 p.m. - Healthy Pot Luck

at The Methodist Church Fellowship Hall on Freemason St.



As part of the mindful and healthful eating that OFI supports, here are two ways to look at what you might bring to this Pot Luck:

Whole Food Plant-Based Dishes

- vegetables, carrots
- greens, spinach
- beans, legumes
- whole grains, pasta
- fruit
- nuts and seeds
- no dairy
- no eggs
- no fish
- no meat

Thomas Jefferson:
"I have lived temperately, eating little animal food, & that, not as an aliment so much as a condiment for the vegetables, which constitute my principal diet."

Whole Food Plant-Based Dishes with local or organic meat and other animal products such as butter, cheese, eggs, and fish used in the dish.

Have questions or need a recipe, contact Terry.
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