



Thank you everyone for making our "Wheatgrass Demonstrations" special! And sharing in a fun time! Many thanks to Everyone who participated! Click here to see the pictures!



EAST MEETS WEST CUISINE DINNER!



By popular demand, we are having a raw gourmet class on how to prepare super tasty and healthy Asian foods!

In this fun class, you can learn to make: Asian Noodles, Raw Vegan Sushie, Curry Stirfry, (without the fry), and Oriental Sea Side Soup! We are looking forward with much anticipation to present this! We will have recipes for everyone and generous portions of the meals to go around! This is a \$35 class, but members of this meetup only have to pay \$25! How cool is that? So be sure to mention that you are a member of The Inland Empire Raw Food Meetup when you arrive.

East Meets West Cuisine Demonstration:

When: April 20th at 6pm
Where: At Goodwin's Organics
191 W. Big Springs Rd Riverside, CA



We are having a special Dinner Party featuring super tasty and healthy, raw, vegan Asian foods! This is the best ever time to have a great meal together and connect with fellow health enthusiasts in our area!

The Menu: Asian Noodles, Raw Vegan Sushie, Curry Stir-fry, (without the fry), and Oriental Sea Side Soup!

We are looking forward with much anticipation to present this! We will have generous portions of the meals to go around! This is not a pot-luck, so just bring yourself and \$20.

East Meets West Cuisine:
When: April 16th at 3pm
Where: Lutheran Church of the Cross
1308 N. Riverside Ave.
Rialto, CA 92376

RSVP!

"Green Hearts" is a new meetup group in our community! They are health conscious volunteers, helping to bring quality organic food to those in need.

Their mission is to spark a passion for health in parents and their children, by teaching them how to grow their own organic fruits and vegetables! Click Here for more information and to JOIN!



Community Garden will be coming soon to Rialto! We are laying the ground work so that you can grow the healthiest food on the planet! This will be at the Lutheran Church of the Cross in Rialto! Tell your friends! More details are on the way!

Recipes Here!

Wondering what you can prepare for our pot-lucks? Amazing raw recipes can be found on the web by simply clicking Here! There are hundreds of easy to prepare recipes to choose from!



Realize that your breakfast this morning could reduce your risk of cancer? Or change a young girl's life? Or help save the planet? To whom much is given, much is required; we have been given much!

To find out what you can do, click on the "Believe in Green" banner below!

Believe in Green!

Raw & Organic Mommas is a new Meet Up Group that has just been created by Tosca, so all of you "Rawsome Mommies" can click on the banner below to join!



Cancer Cure Video. Watch!

For the best produce ever at the most affordable price, visit the Inland Empire Organic Produce Co Op by clicking Here!



Red Brick Pizza
16155 Sierra Lakes
Pkwy #140
Fontana, CA 92336
909-355-3637

