



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



Celebrating the Back to School Season with a Raw Demo at Goodwins Organics!



We will be Celebrating the "Back to School Season" with a Super Raw Food Demonstration at **Goodwins Organics in Riverside!**

Whether you are new to raw foods, an experienced chef, or would like to learn some super easy to prepare healthy recipes, this is the place to be!

Goodwins Organics is a fantastic place to get your organic essentials! Feel free to click on their ad, (*below*), to view their site! There is an amazing juice bar and the best ever "hot-spot" study area to work with your lap top! **Goodwins** is committed to helping college students operate at their peak levels of performance through healthy eating and helping neighborhood families learn how to purchase Organic products and prepare delicious meals to maximize their well-being.

This Raw Food Demonstration will feature:

- *Super Jing Master's Brain Boosting Coffee Elixer
- *Kale Chips
- *Amazing Raw Instant Soup
- *Low Sugar Green Smoothie
- *Super Raw Chocolate Bars

The Demo will be held upstairs. This is going to be great fun! Most of the ingredients to the above recipes will be on special at **Goodwins!** How cool is that?

When: Saturday, September 18th
At 3 PM

Where: Goodwins Organics
191 W. Big Springs Rd
Riverside, CA 92507
(909)215-8932

How to find us:

Goodwins is within walking distance of the college, and the demo will be upstairs, so feel free to tour the amazing store, shop, and stay for the demo!

RSVP!



<-Click here for driving directions...



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!



BiG dream: What if 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!

World Peace Day is September 21st! Feel free to click on the "Play" button, (right), to see a video which I thought would be appropriate for the occasion. Enjoy!



Cancer Cure Information

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!

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

