



Thank you everyone for making our "Overcoming the Food Imprint" movie-event special! And sharing in a fun time! Many thanks to Everyone who participated! Click here to see the pictures!



## CHOCOLATE RAW FOOD DEMO!



guaranteed to taste incredible and keep you healthy! Here is the line-up for the demo:

Chocolate pecan fudge, Rawsome Nut Butter Cups, Chocolate Pudding, and Chocolate Chip Ice Cream!

Where: *Lutheran Church of the Cross*  
1308 N. Riverside Ave.  
Rialto, CA 92376

When: *February 12th at 3pm*

*This just in!!! We are having, by popular demand, this Chocolate Demo at Goodwins Organics in Riveside too! It will be on Thursday, February 10th at 6 PM.*



Imadeus Star, author of "Cancer is Good for You", enjoyed giving a presentation for us last December; he is excited about giving another more in depth presentation for us soon!

## 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!*



We are having demo featuring **CHOCOLATE!** Do you know that *Chocolate* has over 600 different taste compounds alone? Wow! No wonder we can't get enough of it! Raw Chocolate is loaded with antioxidants making it one of the most loved Superfoods on the planet! Can something so wonderfully tasty be good for you? "You Bet your sweet-tooth!" Why have refined sugars and processed starches for *Valentine's Day* when you can easily and affordably make these tasty creations and feel happy and healthy afterwards?

This demo will feature chocolate recipes



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



## 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!**



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