



THE WESTON A. PRICE FOUNDATION®

EUGENE CHAPTER



Traditional Food Tasting & Potluck
Saturday August 27th, 2016
~ noon to 2 pm ~



Come sample foods, and enjoy a discussion about the principles of traditional diets.

Learn how animal fats, properly prepared whole grains, enzyme-enriched foods and nourishing bone broths kept our ancestors healthy.



This pavilion is at the top of the rise with trees casting shade over cooling lawn. Bring blankets for family gatherings. There are picnic tables, side-tables for food, and a benched-in fire pit. Nice area for music with great acoustics (bring your instrument)!

An optional Potluck will be included. **Please bring your own place settings and utensils** to serve the dish you bring to share. A list of ingredients is helpful.

Examples of traditional foods include:

Traditional Fats * Grass-Fed & Pasture-Raised Meats * Raw Dairy
Wild-caught Seafood * Organic Fruits & Vegetables * Fermented Foods
Bone Broth Soups * Whole Nuts, Seeds, Beans & Grains * Sourdough Bread

Location: 595 Crest Drive, Eugene
Wayne Morse Family Farm (Covered Shelter)

For more information, visit: www.EugeneWestonAPrice.org/newsletter

