



# Food Flavor Fit

## *Eating for Life: A Learning Approach*

Do you want to enjoy good food and experience a healthier lifestyle? You can learn to make wise choices to make this possible.

Food Flavor Fit features:

- Awareness that healthy food can have flavor and be enjoyed at home or dining out.
- Focus on using whole foods to promote weight loss and maintenance.
- Information and activities to reinforce changes that can be long term and effective.
- Knowledgeable and caring support through individual and group coaching.
- Online classes and education for your convenience.
- Opportunity to join **Food Fans**, a healthy food and fun loving learning group.

For more information, go to [www.foodflavorfit.com](http://www.foodflavorfit.com) or [www.facebook.com/foodflavorfit](https://www.facebook.com/foodflavorfit) .

For more information call (509)990-7576.



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*"I started **Food Flavor Fit LLC** as a local company in 2015 to help people have a healthy relationship with food. I have earned my health coaching certification as a graduate of the Institute for Integrative Nutrition in New York completing 200 hours of study and 45+ hours work with clients. I hold a B.S. in Home Economics from the University of Idaho and an M.A. in Organization Leadership from Gonzaga University. If you are a young parent, busy professional or empty nester, I can help you."*

*Eldonna Shaw-Davis, MA, INHC*

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- **Join Food Fans** - become a part of a healthy food community to enjoy good food, expand your knowledge and experience food related events and field trips.

*Benefits – Receive VIP treatment by receiving:*

- Weekly News about food, recipes and Food Finds
- 25% Food Fan Discount on all FFF classes, coaching, field trips, etc.
- Invitations to Special Events (including Food Fan Flash Mobs  
limited to groups of the first 8 members who RSVP per dining event.)
- Inaugural Membership - \$60/year (\$5/month)

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### Coaching Services/Fees:

Individual Coaching: Personalized consultation and 6-month program     \$149/month  
Couples Coaching: Consultation modified for two in a 6-month program     \$249/month  
Group Online Coaching: Initial personal consultation,  
with 2 meetings per month in a 3-month program,  
limited to 10 people per group using Zoom.     \$ 50/month/person

### Food Education Classes:

50-minute class sessions online with live interaction. We go where you are!

Offered in single sessions     \$ 25/class

Select 5 classes and purchase in advance     \$100

Topics Include:     Right Sizing Your Pantry  
                          Navigating Receptions and Buffets  
                          Buying, Keeping and Loving Your Fresh Fruits and Veggies  
                          The Truth About Fats, Salt and Other Former Diet No-Nos  
                          What's in Your Food: Unlocking the Secrets of Labels and Codes  
                          Know Your Food Sources: Local and Organic  
                          “To Be or Not to Be” Gluten Free (Whole grains and Carbs)  
                          “More Moo or Not? Healthy Proteins (Animal & Plant)

Home Cooking Classes: Small group classes with hands on experience or host a cooking party with friends. Prices start at \$100/person with a minimum of \$500 per class.

Recipe Evaluation & Nutrition Labels: Want to make a favorite family recipe healthier or do you need to know the nutrient make up for a recipe? We can generate a report plus create a nutrition label. Fees will vary based on the detail in the recipe.

(Resource ESHA Research Food Processor)

Fees: \$50/Home Chef, \$100 Commercial Enterprises Volume Discounts available.