



## Teacher – Coach – Healthy Food Advocate

Eldonna grew up in northern Idaho where the family produced most of their own food on the home place near DeSmet, Idaho which is fondly referred to as “the ranch”.

Due to a life-long interest in food and its relationship to good health, she completed studies through the Institute of Integrated Nutrition in New York, to receive a certification as an Integrated Nutrition Health Coach.



She sees the correlation between healthy communities, organizations and individuals and plans to focus on “wellness”. She founded Food Flavor Fit to help people become aware of good choices to promote healthy lifestyles.

Eldonna is available to speak at your event. She also teaches home cooking classes, writes healthy recipes and provides individual health coaching and recipe consultation to help clients achieve their best results.

**Contact:** To request a conversation with Eldonna for your individual or event needs, contact her here: **Email:** [Eldonna@FoodFlavorFit.com](mailto:Eldonna@FoodFlavorFit.com)

For additional information visit the website.  
Be sure to get on her email list for updates.

**Website:** <http://FoodFlavorFit.com>

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