



What is a raw & living food diet?

That is a very good question! Eating raw & living food seems to be different for differ-

ent people. Speaking from my own experience, here's my answer:

A living food diet for me is one that contains the most enzyme-rich vegan food. It is a way of eating that consists of less dehydrating and more sprouted food. I'm talking about fruits, vegetables, sprouted nuts, seeds and grains. When I eat living food I want to dance & sing. I just find that the food tastes so much better & my tummy is happiest (meaning most satiated & satisfied) when I eat this way. I really feel fed is what I want to share with you.

The best part, however, about eating raw/living food is that I'm learning how to be gentle with myself, to listen to what my body (& mind, spirit & soul) really wants. And I don't know how to say this other than to just say it: I feel as though I'm giving myself the best gift in the world... To be able to be present & healthy & happy for me, my husband and my kids is just like, I don't know, better than sliced bread! HA!

Thank you for reading! Please email me at linda@vt-fiddle.com or call me at 802-229-4496. I'd love to see where you are on your living food journey & ask you how you want me to support you.

Have a rawsome day!
Linda

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**What else am I offering you ask?
Well, there's the:**

- **free potluck dinners that happen monthly (the 2nd Thursday of each month.)**
- **personal consultations for those wanting one-on-one support & classes,**
- **catering for the individual or an event**
- **products available to help a person make raw food on their own.**



Raw & Living Food



**Potlucks,
Consultations,
Catering &
Products**

Potlucks

Monthly raw food potluck dinners on the 2nd Thursday of each month from 6:30 pm – 8:30 pm! It's great fun to share recipes & also to have the support of each other.

Potlucks are FREE! Just bring a dish with recipe & come! Not sure what to make?

- Bring a salad with a raw dressing or guacamole as dressing.
- Bring a bowl of fruit!
- Or go wild and do a search for raw food recipes on the internet!

This is a low-stress environment so if you find that after all of that searching & you still don't have an idea please call me for ideas. 229-4496.

(At the moment, potlucks happen at various houses in Worcester & Montpelier. We'll soon have them at a fixed address. So call me to find out where the next potluck is happening or to offer your house for a coming month. 229-4496.)



Consultations

Personal consultations:

- 4 hours for \$300.00

I come to your house, teach you the Level 1 class consisting of 7 recipes & help you set up your kitchen. We'll go over all the same things covered in the Level 1 class (please refer to the Level 1 & 2 brochure for more info.)

Email & phone support are also a part of the personal consultations.

Additional in-person & phone support:

- For continued raw food support, we can arrange conversations by phone, email or in person. The pricing is \$20/half-hour.

Call to get me on your calendar:
802-229-4496 or email me at
linda@vt-fiddle.com.



Catering

Catering includes breakfast, lunch, dinner, special dishes or desserts, full course meals for parties or events, breads, crackers & other dehydrated goodies not otherwise mentioned. Catering is for 1 or 2 people, a family, a party of 50 or anything in between.

Call for pricing: 802-229-4496 or email me for more information at linda@vt-fiddle.com.

Products

On hand, I have:

- Nut milk bags (\$5.50 + tax)
- Spiral slicers (\$26.50 + tax)
- Alissa Cohen's book (29.99 + tax)

Please call me to pick yours up or I can deliver to you for a shipping fee. For other products such as dehydrators, vitamix blenders, or food-related products, please go to my store at <http://www.rawteacher.com/lindawooliever/>

