5 Ways to Reconnect with Your Food

AND LEARN TO EAT LIKE A HUMAN AGAIN

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We do NOT need professionals to tell us how to eat.

What we need is to reconnect with our food and by doing so empower ourselves to take back control of what we eat, how it is prepared, and how it is grown and harvested.

To connect with your food and diet at this deep level is a journey that takes time, commitment, and a willingness to forget everything you have been told about food to empower yourself to make your own healthy decisions. BUT, it is a journey that is worthwhile and one that begins for you TODAY! The following are a list of the 5 most important things you can do right now to start the journey to reconnect with your food and learning to eat like a human again!

#1 Cook from Scratch

Learn how to cook and prepare the food that comprise the staples of your diet… 100% from scratch.

This doesn't have to happen all at once and you don't have to continue to make everything you eat, all the time, entirely from scratch. The journey is just as important as the goal. The process of learning how to make food from scratch empowers you to see through all the marketing and labeling at the grocery store and see the food available to you for what it is. Even if you only make each food once, and even if it is a total disaster, the process of making it has made you an informed consumer – and that is a powerful thing. When you are informed and empowered can begin to spend your money purchasing the highest quality, safest, most nutrient dense and bioavailable foods possible. And, by doing so you are also using your money to support the food producers that are doing it right!

You do not have to do this all at once. Make it doable. Make it enjoyable. Commit to tackling on new entirely from scratch recipe a week. Begin with something like mayonnaise, or ice cream and then move on to foods like sourdough breads (pic to the left), pasta (pic below) or even hot dogs!

#2 Eat REAL Fermented Foods!

The easiest way to access incredible fermented foods is to begin to ferment at home - right in your own kitchen!

Fermented foods form the basis for healthy, traditional diets around the world. In fact, fermentation transforms most of the favorite foods in our modern Western Diets today (beer, wine, cheese, yogurt, salami, bread, pickles and, fermentation even plays a role in the production of chocolate and coffee!) – however, the modern food industry has bastardized the industrial fermentation process of these foods to the point where it is only adding flavor and texture value to our foods and not passing the nutritional value on to their consumers. However, fermentation can be done in your own home in your own kitchen! And, the final product is cheaper, tastes better, and is healthier for you than anything you can buy. Begin with lacto-fermented vegetables such as sauerkraut and then move into sourdough bread, cheese and, if you like, even beer and wine! The added value of doing this is that it is another example of how you empower yourself to take control of your food and diet!

#3 Forage!

No, seriously. I am not suggesting that you forage for ALL of your food – there are not enough resources to support everyone doing that even if you had the knowledge and drive to do so! But, do it. Do it once a week, once a month, or, even once a year!!

What's great is that you can forage anywhere – from the middle of the most pristine wilderness in the world to the most densely populated city – wild, nutritious plants are all around you invading your lawns and poking up through the cracks in the side walk. And, the main purpose of this is not to supply your body with the nutrition these plants have to offer (although that is a wonderful by product!). No, it is something more important. Learning about the incredible wild foods all around you allows you to see the world around you in a new way. Through foraging you connect with your food, environment and the way our species have been eating since we first appeared on this planet in a way that completely changes everything!

#4 Source Your Ingredients!

Connect with your local farmer, butcher, baker - know their name and make sure they know yours and the names of your kids!

Make the effort to go and meet the farmers at their farms where they raise the animals whose meat you eat, milk the cows whose milk you drink, and harvest the vegetables that you love. Go and visit your abattoir and your butcher. See how the animals are raised, fields are kept and how the farmers live.

Have your children meet the farmer and butcher and, in turn, introduce the farmer to your family, the people who are actually consuming their food. This is the beginning of the safest, most ethically responsible and sustainable food system possible.

#5 Make it Communal

No matter if getting your food means foraging or going to the grocery store, DO IT TOGETHER!!!

If preparing food means making sourdough bread from scratch or frying an egg, do it together.

Whether the meal is a full-blown Thanksgiving dinner or a quick meal before soccer practice –

DO. IT. TOGETHER.

The bonds formed, connections made and lessons learned are crucial to the future of your body, your family, and your environment!

This is what learning to eat like a human is all about!

EAT LIKE A HUMAN.

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