

## Directory of Services

### Free Monthly Newsletter

- Provide your email address and I will send you a free monthly digital newsletter.
- Includes upcoming event information and a free healthy recipe.

### Monthly Free Dinner (in conjunction with Wellness Forum Health)

- Join Dr Pam Popper, founder and Executive Director of Wellness Forum Health, virtually for an introductory evidence-based discussion of health and wellness. Enjoy a free delicious healthy meal during the presentation if attending at Radicle Routes. You are also welcome to join the presentation remotely (dinner not included).
- \$ Free

### Food Over Medicine Series (in conjunction with Wellness Forum Health)

- Join Dr Pam Popper, author of Food Over Medicine: The Conversation that Could Save your Life, for a series of free virtual presentations on how to eat your way to optimal health. Dr Popper is an internationally recognized expert on nutrition, medicine and health; and the founder and Executive Director of Wellness Forum Health.
- Healthy food served at all workshops.
- \$ Free
- Past Class Topics
  - New Perspectives in Weight Loss - What is the secret to achieving your best weight? Stop thinking about your weight and focus on health.
  - Women's Health - Take control of your hormones!
  - Children's Health - How to get your children to eat good food.

### Cooking Classes

- Learn how simple it can be to adopt a health-promoting diet and how to adapt to the needs of the whole family. You will learn healthy and delicious cooking techniques, meet new ingredients, taste all of the dishes and/or ingredients, and receive all the recipes presented.
- At Radicle Routes office in Oregon, OH
  - Tasting class, \$15 per person
  - Full meal class, \$30 per person
  - Private lesson, \$40
  - Specialized classes, priced individually
    - Batch cooking and meal planning
    - Ingredient tastings
    - Gourmet preparations
    - Specific topic by request
- At your location (home, business, church)
  - Tasting class, \$20 per person
  - Full meal class, \$35 per person
  - Private lesson, \$45
  - Specialized classes, priced individually

### Cooking Classes, Series

- Learn to prepare delicious health-promoting meals at a discounted price by purchasing a set of classes.
- Priced per series

#### **Kitchen Makeover**

- We will go through your kitchen and pantry together to remove less healthy options and shop for health promoting staples at your favorite store(s).
- \$199 (may be additional cost for a large family)

#### **Shopping Trip Services**

- Not sure how to shop for health-promoting groceries? I will shop with you at your local supermarket and/or farmers market and teach you how to select the best options for your meal preparation goals.
- \$25/hour, within 25 miles of Radicle Routes (beyond will be additional mileage cost)

#### **Meal Planning Services**

- Are you motivated to switch to a health-promoting diet but need a little help to plan for success? Let's have a discussion about your current food preferences and I will write a meal plan and shopping list.
- \$49 for a 30min virtual or in-person consultation and a one week meal plan

#### **Personal Chef Service**

- Are you ready to adopt a food-forward approach but can't quite squeeze in the time to shop and cook? I can prepare fresh, delicious, and healthy meals for your family in your home.
- Includes a consultation, shopping for ingredients, and full meal preparation
- Contact for pricing, will depend on type of meals, number of meals, and number of servings

#### **Food Over Medicine Course**

- Participate in an interactive discussion about diet, lifestyle and health care. You'll become informed about the latest and best scientific information about health that will allow you to make the most informed decisions for you and your family!
- \$149 tuition

#### **Wellness Forum Health Services**

- Free newsletter and videos
- Memberships - see membership chart for pricing
- Courses - see WFH course catalog