

WELLNESS JOURNEY: KITCHEN ON FIRE COOKING DEMO: MAKE COOKING FUN WITH HANDHELD FOODS

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OCEAN VIEW NUTRITION – NUTRITION CONSULTING
KITCHEN ON FIRE – COOKING SCHOOL

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WELLNESS JOURNEY: BENEFITS OF KEEPING IT SIMPLE

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We are continuing our wellness journey to make positive changes to help balance our full plate. Today we are focused on creating making cooking fun with handheld foods.

We will join Chef Olive as he creates a flavorful Thai Lettuce Wrap! It has an amazing pop of flavor from herbs and peppers, and it can be made in advance which is so convenient.

*And enjoyed as a
handheld dinner! 😊*

BONUS:
Attendees will
be entered into
a raffle for a
prize!

MAKING COOKING FUN WITH HANDHELD FOODS

BENEFITS OF KEEPING IT SIMPLE

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There are more benefits to eating with your hands than just less silverware to wash!

Any guesses what they may be?

Let's learn how to select healthy convenient options to get dinner on the table

We have a plan for 2023 based on what we are hearing from the team!

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WHO ARE KITCHEN ON FIRE & OCEAN VIEW NUTRITION?

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Good health, Good food and Good fun!

From public cooking classes to corporate events to individual consulting and everything in between (Currently both Virtual and In-Person)

Bringing people together through
Cooking, Good Nutrition and Community Outreach

BUY seasonal, local, organic and GMO free when possible
COOK using healthy cooking techniques
EAT a variety of wholesome foods including herbs and spices
SHARE and enjoy meals with friends and family
AWARENESS of allergies and sensitivities

We're all good 😊

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OBJECTIVES FOR TODAY

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- Why we love handheld foods
- Pleasing the pickiest eaters
- Building the perfect sandwich
- Getting everyone in on the fun
- Creating SMART Goals!



*Kids shouldn't be
the only ones
having fun!
What can we learn
from them?*

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LET'S GO!



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WHY WE LOVE HANDHELD FOODS

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We create a connection when eating with your hands

- We pay more attention to what you're eating
- We create a stronger physical, emotional and spiritual connection with our meal
- We are more present in the moment
- We are generally more relaxed



People prone to tasting with their hands and dipping fingers into sauces, may taste it better, enjoy it more, and have an overall enhanced eating experience.

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WHY WE LOVE HANDHELD FOODS

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Additional Benefits

- Aids digestion by eating with our hands
 - Increased sensory reactions to for our digestion
 - Sensing appropriate temperature
 - Generally slowing the pace of our eating
- Helping to create healthy weight management
 - Tend to eat less when eating with our hands
 - Healthier paced eating
 - Less overindulging by listening to our body
- Nostalgic, familiarity or bringing us back to a simpler time
 - As a child, we learned a lot through touch as one of our senses
 - Creating memories of favorite foods



Handheld foods are one of the top trends in eateries today from casual to formal settings

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PLEASING THE PICKIEST OF EATERS

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It's hard to find an entire family that has the same food preferences, i.e., specific fruits or vegetables, texture, spiciness, meat or no meat, etc.

Let's re-introduce tradition

- Ethiopian cuisine is a great example
- Direct touch triggers an enhanced sensory response, making food more desirable and appealing
- Research indicates, eating food with our hands can make it more enjoyable and approachable



And keep in mind

- Every parent has their own approach
- Picky eaters don't necessarily mean young children
- It's never too late to develop new tastes

What foods do you enjoy eating with your hands?

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BUILDING THE PERFECT SANDWICH

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Some just want to stop the hunger and others desire a tasty sandwich sensation!



Here are the fundamentals from Chef Olive

- Good bread - A traditional sourdough is a good start
- Balance the amount of bread and 'goodies' inside
- Textures for a good crunch, i.e., romaine, apples, radishes
- Condiments help take it up a notch with a robust flavor
- Give it a kick, i.e., spices, pepper, peppers, garlic spread
- Throw in something green, i.e., arugula, pickles, avocado
- Watch the use of potentially soggy items, i.e., tomatoes, melon
- If on the go, pack your sandwich partially deconstructed until you are ready to eat to keep it fresh

Always check the ingredients on packaged items!

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GETTING EVERYONE IN ON THE FUN

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Introduce and experiment with new foods through sensory cues

- Eat the rainbow by including colorful vegetable options on the plate
- Each member of the family can create their own meal based on their preferences.
- Serve children the ingredients separately gives them options, allowing them to build their own handheld creation, i.e., taco, wrap, lettuce cup, stuffed vegetable, sandwich, or pita!



What foods do you enjoy eating with your hands?

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SMART GOALS FOR HAVING FUN WITH HANDHELD FOODS

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Start thinking about your goals today!

- ❑ 2 goals to have more fun with dinner and help you and your family connect to their meal experience.
- ❑ Have fun with these goals – go home and talk about it over dinner tonight!

Specific
Measurable
take Action
be Realistic
Time-oriented

What is your first SMART goal? Anything to share?

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WE WILL SEE YOU MONTHLY TO PROVIDE MORE IDEAS AND DEMOS!

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- Nutrition and Lifestyle Discussions + Demos to eat well with a full plate
 - The impact of stress, Revamp your weekly Routine, Benefits of a Zen kitchen, Healthy partially pre-made meals, Making cooking enjoyable – Fun with Food, Simple sauces to change up your meals, Health & financial benefits of home cooking
- Individual Nutrition Consultations
 - A limited number of 1:1 sessions with Lisa – Sign up in August: October 10 & 12
- Recipes Resources and Videos <https://www.kitchenonfire.com/recipes-and-demos>
 - Web page with quick nightly meal videos from Chef Olive
 - Web page with Lisa and Chef Olive's web resource recommendations for how and where find healthy, well-organized, simple recipes
- Health Fair and Happy Hour
 - Rounding out the year with the Health Fair & Holiday Happy Hour!
- Want some cool free gifts related to cooking?
 - Look out for raffles and other fun gifts as you attend events!

We can also meet 1:1 in October – Registration will open in August

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ABOUT US

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About Lisa Michelle Miller, BS, NC and Chef Olive Said

- Ocean View Nutrition – Consulting & Public Speaking

Owner & Nutrition Consultant, certified
Consultations, Classes & Presentations
lisa@kitchenonfire.com
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- Kitchen on Fire Cooking School

- For the Home Chef in Berkeley & Oakland since 2005
- Owned by Chef Olivier Said (founder) & Lisa Miller
- Hands-on Cooking Classes, Events: In-Person and Virtual
- Nutrition Education, Corporate Wellness, Individual Consulting, Wellness Probiotics, Tonics & Teas – Herbal Elixirs @drinkRebout



Link to today's presentation, demo info and more
<https://www.kitchenonfire.com/lifestyle-changes-when-our-plate-is-full>

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