

## What are the first steps?



1. Buy a copy of **Nourishing Traditions** to serve as a foundational guide and cookbook.
2. Join the community – [WWW.WESTONAPRICESANFRANCISCO.ORG](http://WWW.WESTONAPRICESANFRANCISCO.ORG)  
Once there, follow the link to join our online yahoo group, the central forum for community discussions and event announcements.
3. Be paired with a mentor! The San Francisco Chapter Leader will do the matchmaking – [SFWAPF@GMAIL.COM](mailto:SFWAPF@GMAIL.COM)
4. We encourage you to start with a single item from the list below and create changes one step at a time.
  - ✓ **Eliminate all industrially processed soy foods** from your household
  - ✓ **Replace sugar with natural sweeteners in moderation**, such as raw local honey, grade B maple syrup, rapadura and sucanat
  - ✓ **Replace fruit juices** with whole raw milk
  - ✓ **Replace poly-unsaturated vegetable oils and *trans* fats with traditional fats** such as butter, olive oil, coconut oil, etc.
  - ✓ **Replace breakfast cereals** with eggs from hens on pasture, non-nitrate bacon, homemade kefir, whole milk yogurt, soaked oatmeal or soaked, wholegrain pancakes
  - ✓ **Replace pasteurized dairy products** with raw and cultured dairy
  - ✓ **Replace processed, convenience foods** (boxed, packaged, prepared and canned food items) with fresh, organic, whole foods
  - ✓ **Take your daily dose of high vitamin cod liver oil** (with no synthetics added). Recommended brands are on our website in the “For Parents” section under the heading “Malnourished”.