

ELEVATE

BY: VALKYRIE INVESTMENTS

Month 3:

FOOD

March, 2022

At Valkyrie, we are committed to education and growth, both industry-wide and personal. Each month of 2022 will focus on a theme with the goal of elevating personal and team wellness.

After all the meta-analysis, most people have a general idea of what is "healthy", although the recommended "diets" change every year. However, everyone can agree that whole foods have many health benefits. This month, instead of breaking down our plates into fractions and determining a "balanced meal", we will be going over how the foods we eat affect our health, the workers involved, the animals that provide, and our earth.

Follow along for related activities, challenges, and volunteer suggestions.

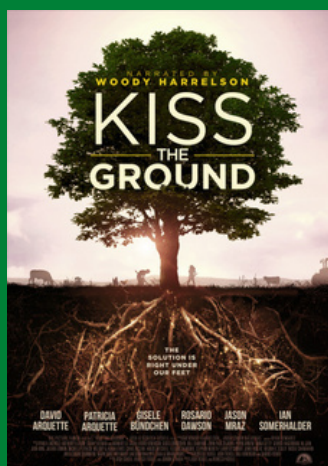
Elevate your life.

We recommend pairing this month's Elevate program with

1. Kiss the Ground (netflix)
2. The Biggest Little Farm (hulu)

ELEVATE

valkyrieinvest.com/elevate



WHY?



WHAT YOU EAT MATTERS. HERE'S HOW.¹

Food impacts more than your health. It impacts the environment, animals and people. What you eat, where it comes from, and how it was produced contributes to your FoodPrint — think of it like a carbon footprint, but for food.

[Take this 3-minute quiz to find out. \(linked\)](#)

THE EFFECTS OF INDUSTRIAL AGRICULTURE²

- Toxic Chemicals (5.2 billion pounds of pesticides per year.)
- Excessive Antibiotics
- Water Pollution
- Air Pollution
- Declining Nutrition
- Farmer Mental Health Crisis

“Let thy food be thy medicine and thy medicine be thy food.”

*- Hippocrates,
400 BC*

BENEFITS OF LOCAL FOOD³

- More Nutrient Density
 - The vitamin C content of broccoli was cut in half when it was shipped from out of the country compared to when it was sourced locally.
- Vine Ripening (longer time on the vine builds even more nutrients)
- More Nutrient Variety
 - Think: Local red leaf lettuce instead of iceberg or a locally-grown purple fingerling potato versus a russet potato.
- Nutrient Dense Soil
 - Allowing the fruits and veggies to grow at their own pace with abundant natural nutrients enables their roots to dive deeper into the earth, increasing the nutrients the food pulls from the soil.

¹ <https://foodprint.org/quiz/>

² <https://rodaleinstitute.org/why-organic/issues-and-priorities/human-health/>

³ <https://rodaleinstitute.org/blog/why-local-food-is-better-for-you/#:~:text=Local%20fruits%20and%20veggies%20boast%20more%20nutrients.&text=The%20longer%20fruit%20and%20veggies,and%20feeding%20on%20precious%20nutrients.>

SHOPPING

1. FARMERS MARKETS¹

- Eat with the seasons (fresher, tastier, more nutritious)
- Provide a Direct Infusion of Capital to Farmers
- Keep Local Economies Alive
- Speak Directly to the Growers of your Food
- Support More Sustainable Practices

2. CSA BOX (COMMUNITY SUPPORTED AGRICULTURE)²

Community supported agriculture (CSA) is a partnership between eaters and farmers. In most CSAs, members purchase a CSA share from the farmer before the growing season, and in return receive regular installments of food — usually weekly — for the duration of the season.

- Eat more fresh, delicious, local, seasonal Food
- Eat more vegetables
- Increase your food literacy
- Support a local farm
- Create less waste
- Build your community
- Know what's in your food
- Save money

3. SUPERMARKETS³

A good label guarantees that the food was produced in a way that can help you lower your “foodprint.”

 USDA Organic	Beef	Pork	Chicken	Dairy	Eggs	Produce
 Non-GMO Project Verified	Beef	Pork	Chicken	Dairy	Eggs	Produce
 Certified Naturally Grown	Beef	Pork	Chicken	Dairy	Eggs	Produce

¹ <https://foodprint.org/what-are-farmers-markets/>

² <https://foodprint.org/eating-sustainably/community-supported-agriculture/>

³ <https://foodprint.org/eating-sustainably/food-label-guide/>

ACTIVITIES

3 Minute FoodPrint Quiz:
foodprint.org/quiz/



Carrot Comparison:

Go to the supermarket, buy a carrot. Visit your local farmers market, buy a carrot. Eat them side by side. What do you notice?

VOLUNTEER

March is National Nutrition Month. Take one day out of the month to volunteer at your local food bank

March is also National Red Cross Month. [Volunteer for Red Cross \(virtual positions available\) LINKED](#)

2022 CALENDAR

January GRATITUDE	February GOAL SETTING	March FOOD
April STRESS AWARENESS	May PHYSICAL FITNESS	June OUTDOORS
July SOCIAL WELLNESS	August HAPPINESS	September MEMORY
October EMOTIONAL WELLNESS	November ORGANIZATION	December GIVING

Volunteer Idea: January is National Blood Donor Month. If you are able, consider donating blood via [Red Cross](#).

Thanks for joining us this month! Follow along for more.

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