

For Immediate Release

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### NEW RAW & LIVING FOOD DEMOS, CLASSES & POTLUCKS AVAILABLE TO CENTRAL VERMONTERS!

**Worcester, Vermont, August 11, 2006** - Linda Wooliever of Worcester, VT is preparing a lot of raw & living food these days! She's planning a full schedule for the rest of 2006 consisting of food demonstrations, classes with kids & parents as well as certification classes where people can become instructors & raw food chefs, if they are so inclined. She plans on having monthly potluck uncooking dinners where people can bring a dish to share. Time will be spent as a relaxing, social event as well as a place to gain support in the living food environment. For those preferring one-on-one help, Linda offers personal consultations & can create meal plans or the meals themselves to help the person along in their learning curve. Living on live foods can quickly & easily become a part of your lifestyle, whether you choose to do it at 100% or not.

Raw & living food has seen quite a bit more demand in recent years but has been around since at least the 50s & 60s with grand people like Ann Wigmore leading the way to new ideas in what & how we eat. (Actually, some people think that we have eaten more in the way of the raw food diet for thousands of years & only more "recently" changed to what we typically refer to as the Standard American Diet.) Whatever you think we all agree that we do better for ourselves when we eat more fresh fruits & vegetables, particularly when they are from our own or local gardens. The type of eating that Linda is demonstrating is raw food vegan which means she eats fruits, vegetables, nuts, seeds & sprouted grains. What Linda is providing is a way for people to incorporate more whole, enzyme-rich foods into their bodies & to learn just how delicious & easy it is to do this! Most of the recipes take about 5-10 minutes to make & then that's it! No cooking! They are done & ready to eat! It's also exciting to see the expressions on people's faces when they try this food. There are so many preconceived ideas about what raw food is & how it tastes that Linda happily invites you to call her to sign up for a demo or class. She even offers to come to your house for a demo if that makes it easier to get people together.

Information about all of Linda Wooliever's raw food services can be viewed on-line at <http://www.rawvermont.com>. She can be reached via telephone at 802-229-4496 & emailed at linda@imaginecreativity.com. No spam please! Just serious & fun people wanting to explore healthier food options. Local food is used whenever possible & all you self-reliant, self-sustainable Vermonters are welcome to join Linda in the fun of raw & living food!

#### DEMOS (For demos/classes, please check [www.rawvermont.com](http://www.rawvermont.com) for times & info!)

- August Demo: Almond Milk
- September Demo: Apple Sauce
- October Demo: Broccomole!
- November Demo: Pumpkin Pie
- December Demo: Live SOUP!

#### SHORTER CLASSES FOR KIDS & ADULTS

- **September Kids Class: What to do with all those apples that you've harvested?** Apple Sauce, Apple Butter, a knock 'em live Waldorf Salad & we'll make some good Dippin Sauces for all those apples you've got.
- **October Kids Class: Almonds Abound!** Almond milk, Truffles, Chocolate Pudding, Crackers & Cheese.
- **November Kids Class: Go Bananas with Bananas!** 2 kinds of smoothies: a GREEN Smoothie & a more Fruit-Based Smoothie, RAW ICE CREAM! RAW PUDDING! & raw Banana Bread!
- **December Kids Class: All-Time-Kid-Favs.** Raw Cookies, NB & J Sandwiches, Pizza, & Pasta with Marinara.

#### LEVEL 1 & LEVEL 2 CERTIFICATION CLASSES

- August class: August 25th, 26th & 27th
- September class: September 22nd, 23rd & 24th
- October class: October 13th, 14th & 15th
- November class: November 10th, 11th & 12th
- December class: December 8th, 9th & 10th

#### About Linda Wooliever

Linda has been researching, learning & eating raw food since 2001 shortly after her daughter was born. She varies in the degree in how much (or what percentage) she eats raw food in a day but as she gets older, she moves more towards 100% as she feels the greatest health & lifestyle benefit from doing so. In the process of researching, Linda has taken several classes & now holds 8 certifications in raw & living food. She feels very ready to begin sharing this with people other than her immediate family.

#### For more information or to sign up, please contact:

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