



### Eat Well to Live Well

#### Archives Available

**November 11th 2013: Food Freedom and Food Independence**

Kellie explains celebrating food independence - freedom from overly produced food and the complex system that corporate food involves. To help make sense of this complicated and controversial topic Kellie will be joined by Laurie Cohen Peters, co-founder of the national non-profit Farm Food Freedom Coalition and Dave Salch, a local, sustainable farmer and advocate for a healthy food system who owns and operates Little Sprouts Farm. How we shop and what we purchase is a 'vote' for how we want our system to change or remain the status quo. Understand how to make your 'vote' count with simple

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### Featured Guests



#### Laurie Cohen Peters

Laurie Cohen Peters, co-founder of the national non-profit F3C (Farm Food Freedom Coalition). Laurie's website is farmfoodfreedom.org and F3C serves to educate and protect the rights of individual farmers, artisans, and consumers. She is the Director of Communications at the Institute for Responsible Technology, that website address is responsibletechnology.org. She is also a health counselor and can be reached at lcphealthworks.com. Laurie received her Bachelor of Arts with a double major in history of mathematics and science/philosophy. She furthered her study in holistic nutrition at the Institute for Integrative Nutrition. She is a 20-plus year real food advocate, speaker, writer

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#### Dave Salch

Dave Salch owns and operates the 10 acre sustainable Little Sprouts Family Farm. Dave has an interesting story as the beginning of his youth was on a conventional farm which he returned to run in his late 20's. Then traded farming in for the corporate world of computer software and the database industry producing high tech solutions for fortune 500 companies. When he and his wife decided to start a family they traded it all in again to return to farming in rural Oregon.

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