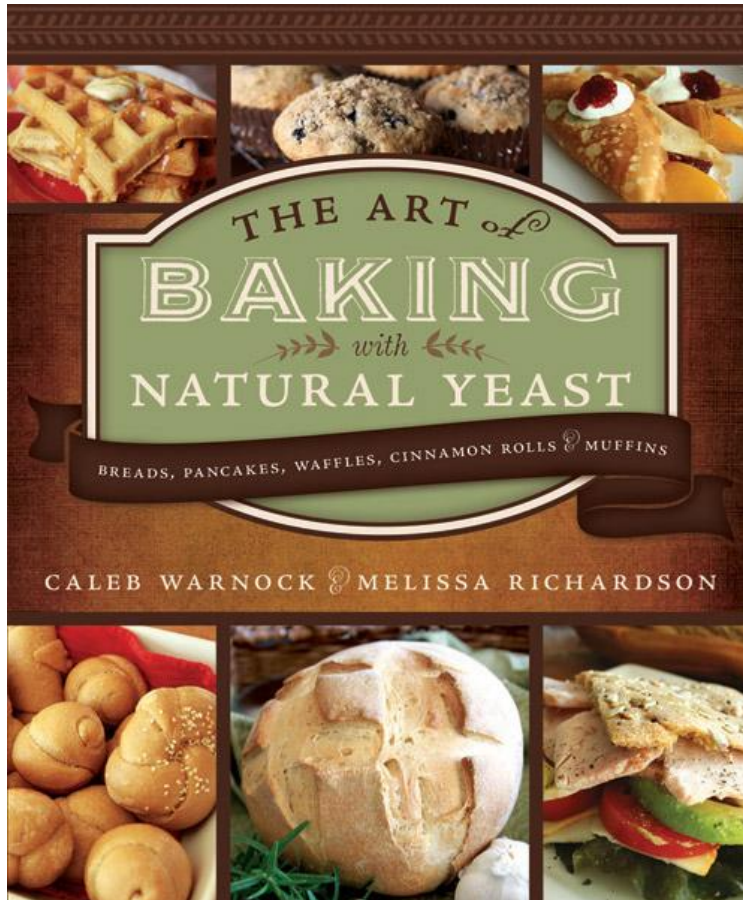


River Ridge

February Emergency Preparation Class



I am so excited to welcome Melissa Richardson, co-author of The Art of Baking with Natural Yeast to be our guest speaker this month for our Emergency Preparedness class. Melissa will be explaining the many health benefits of baking with Natural Yeast (Sourdough) and walking us through the process of baking with it. The class will be on Thursday, February 28th @ 7:00 p.m. in the cultural hall of the LDS Church on Chavez. Come join in the fun, we will be having sourdough waffles following the class. The order form will include a copy of Melissa's book, sourdough start and PureWorks products.

This class should be particularly interesting for those suffering with: Diabetics, Allergies, Celiac Disease, Acid Reflux and for those wanting to feel fuller longer i.e. lose weight.

Natural Yeast Health Benefits:

- 1- Breaks down harmful enzymes in grains
- 2- Takes the nutrition in grains, the vitamins our bodies crave, and makes them easily available for digestion
- 3- Converts dough into a digestible food source that will not spike your body's defenses. It predigests sugars for diabetics, breaks down gluten for the intolerant, and turns calcium-leaching phytic acid into a cancer fighting antioxidant.