

IRON RIVER— “A Living Food Community” with Linda Kinnunen will present a raw food sampler and potluck at First Lutheran Church here on Saturday, May 5, from 11 a.m. to 1 p.m. “Come taste what tempting delights you can savor in raw living food,” said a spokesperson. “Vegetables don’t have to be boring and it’s not just about salads.

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Pastor Bonny Kinnunen will share samples of her yummy hummus and delectable onion loaf crackers.

Her sister, Linda, plans to make banana ice cream— from real bananas.

This food is free of gluten, added sugar, preservatives and food colorings.

“It’s just plain good-for-you food that’s yummy, too. Dedicated raw fooders and newbies alike are sure to enjoy this premier event.”

Cost is \$6 per person.

“Or bring a dish made from uncooked vegetables, fruits, seeds or nuts—nothing from an animal – for \$2 per person. Please bring an ingredient list to share. Need a recipe? Call Pastor Bonny at 265-9518.

A living food community seeks to create awareness of not only the wonderful flavors of raw living food but also the potential health benefits it can offer.

Linda Kinnunen has experienced success personally with weight and blood sugar issues.

She has studied at Creative Health Institute in Union City, Mich., and is a Hallelujah Acres health minister.