

“REAL” FOOD SYMPOSIUM SCHEDULE

Time & Place	Agenda
8:00 – 9:00 AM	Registration & Meet the Vendors
9:00 – 10:30 AM Justines	David Barker – “Food That Isn’t & Other Alimentary Myths”
10:30 – 11:00	Break & Visit with the “Real” Food Vendors
11:00 – 12:30 PM Justines	Rosann Volmert, D.O. A Doctors Perspective on “Real’ Fats
Lunch Break 12:30 – 2:00 Piazza	“Real” Food Sampling & Demonstrations Cooking Grass Fed Beef with John de Bruin Non Toxic Cooking with Salad Master
2:00 – 3:00 Justines	John de Bruin, Sustainability & the Benefits of Grass Fed Beef & Chicken
3:00 – 4:00 Justines	Dave Wetzel: Traditionally Fermented Cod Liver Oil
4:00 – 4:30	Break & Demonstration Crazy About Coconuts! with Jolie Assina
4:30 – 6:00 Justines	Mark McAfee, “Share The Secret” with Raw Milk
6:00 – 7:00 Piazza	Last opportunity to Visit Vendors & “Real” Food Vendor Raffle
7:00 PM	“Real” Food Symposium Completion Thank You For Coming!

*Times are Approximate.
Announcements will be Made During the Symposium*