



WORD OF WISDOM BOOK  
PRESENTS:

# EAT HEALTHY WARD INITIATIVE

## DEAR CHURCH LEADER,

Thank you for taking your time to consider helping your ward eat healthier. We are Jordan and Cassidy Gundersen, best-selling authors of the book, The Word of Wisdom: Hope, Healing and the Destroying Angel. Cassidy has a PhD in health and nutrition and Jordan has a Masters in Herbology. In our time helping people get well and improve their nutrition, we have discovered some startling statistics. For instance:

- Utah was named the "Sweet tooth capital of the world"
- Members of the church are 34% more likely to be overweight than any other religion
- 70%+ of adults in the church over 35 years of age are overweight
- Nearly 45% of youth in the church are overweight

These frightening numbers led us to create the "Eat Healthy Ward Initiative" to help members of the Church break this unhealthy cycle.

Each year, your ward gathers and eats together multiple times. At each of these gatherings we spend a lot of money on meat, sugar, and processed food. However, in an attempt for our ward to better obey the Lord's Word of Wisdom, we propose that each of our ward activities put an emphasis on the grains and other foods that grown "in the ground and above ground" that the Lord has ordained for our use. As a church leader you can make a huge difference in your own ward by helping provide healthier options to those who may need it most. This packet will give you the resource to help make those changes! Here you will find healthy alternatives to ward meals and holiday gifts, reasons to eat healthier and scriptures to study on the topic.

Additionally, millions of animal lives are taken each year during church functions. (Please see scriptures list below for reasoning behind this concern.) We have calculated that just 1 ward can save over **\$800 per year** and save over 200 animals lives by switching to healthier, plant-based ward parties. That's a huge impact, and it all starts with you and your ward.

We will always send ward leaders a free digital copy of our #1 best-selling book, The Word of Wisdom: Hope, Healing and the Destroying Angel if you want to learn more. Just email [support@wordofwisdombook.com](mailto:support@wordofwisdombook.com) and tell us your ward, position, and why you are interested in reading the book. Additionally, we are always open to discussion and helping in any way possible. Thanks for your time!

-Jordan and Cassidy



# REASONS TO EAT HEALTHIER

1. Can prevent most deaths in the United States, including heart disease, stroke, diabetes, etc.
2. Can save significant amounts of money
3. Save the lives of God's creatures
4. Cuts down on time and resources
5. To experience health in our navel, marrow in our bones, to run and not be weary, and walk and not faint
6. Reduce levels of depression and anxiety
7. Raise healthier and better behaved children
8. Invite the Spirit into our lives more abundantly
9. Reduce our chances of getting sick and increase our ability to do the Lord's work with our energy
10. Obedience to the Lord always bring blessings!

# SCRIPTURES TO STUDY:

- Doctrine & Covenants 89 (esp. verses 12-13)
- Doctrine & Covenants 49:21
- JST Genesis 9:11
- Daniel 1 (esp. vs, 8, 12-16)
- Genesis 1: 28-30
- Romas 14:21
- Ezekiel 47: 12
- Genesis 3: 19
- 1 Corinthians 5:19-20
- 1 Corinthians 9:27
- 2 Corinthians 7:1

# ALTERNATIVE GIFT IDEAS

During Mothers Day, Christmas and more wards often provide very thoughtful gifts to their members. In an attempt to help each person eat healthier and better follow the Word of Wisdom, here are a few ideas of alternative gifts that could be given that don't include sugar.

- A flower
- A pack of seeds to plant
- In season fruit
- A book
- House plant
- Picture of Christ
- Music
- Local honey
- Chapstick
- Reusable straws
- Water bottles
- Candles
- Book of Mormon with special marking activities
- Food Storage item

# ALTERNATIVE DESSERT IDEAS

- Dates
- Chocolate Covered Strawberries
- Fresh ripe fruit (ie. peaches, berries, oranges, pomegranate, etc)
- Naturally sweetened cookies, brownies or cakes
- Dried fruit (ie. Mangos, figs, etc.)
- Frozen fruit ice cream
- Apple Cider
- Fruit leather
- Mixed Nuts

# AVERAGE EXPENSES:

Below are averages of how much money is spent per 100 ward members on the following meals:

Ham & Potato Dinner: \$600

Hamburger & Hotdog Dinner: \$380

Chicken Breast & Casseroles: \$360

Pancake, Bacon, Egg Breakfast: \$650

Be sure to compare these numbers with their healthier alternatives below that we have provided as a guide for your transition to healthier eating in your ward.



# SOUP BUFFET



Estimated cost per 100 people: \$346

Possible Soup Options:

- Potato Soup
- Chili
- Vegetable Soup
- Rice and Tomato Soup
- Lentil Soup

# RICE AND BEAN BOWLS



Estimated cost per 100 people: \$141

## Possible Iterations:

- Brown Rice
- Beans
  - Black, Lentils, Chickpeas, mixed
- Salsa
- Cilantro or Parsley
- Green Onion
- Corn
- Chopped vegetables
- Sour Cream or Sauce or choice

# PASTA BAR



Estimated cost per 100 people: \$211

## Pasta Toppings:

- Pasta (Penne or Rotini)
- Gluten-free pasta
- Alfredo
- Marinara
- Breadsticks
- Parmesan
- Green Beans

# BAKED POTATO BAR



Estimated cost per 100 people: \$162

## Possible Toppings:

- Chili
- Green Onion
- Tomatoes
- Cilantro or Parsley
- Cheese
- Sour Cream
- Butter
- Black Beans
- Steamed Vegetables
- Salt and Pepper

# SALAD BAR



Estimated cost per 100 people: \$374

## Possible Toppings:

- Tomato
- Artichoke
- Olives
- Corn
- Cucumber
- Red Onion
- Quinoa, wheat berry or other grain
- Sweet Potato
- Carrots
- Avocado
- Oranges
- Berries
- Craisins
- Croutons



# PANCAKE BREAKFAST



Estimated cost per 100 people: \$335

## Toppings:

- Berries (fresh or frozen)
- Bananas
- Maple syrup
- Walnuts
- Apples
- Applesauce
- Whipped cream
- Chocolate chips
- Hashbrown patties