



Well Being
retreat center

We DO Use:

- Non-chlorinated well water (which is tested annually)
- Mostly organic and gluten-free ingredients
- Produce from our organically tended vegetable garden in season
- Organic olive oil, organic butter, unflavored organic coconut oil
- Stainless steel pans & PFOA-free and Teflon-free non-stick pans
- Ceramic plates and cups and BPA-free drinking "glasses"
- Eggs from Well Being' organically raised, free range chickens
- Chicken: Organically raised, free range, and hormone-free
- Beef: Organic, grass finished, grain-free, and hormone-free
- Veganaise, a vegan form of mayonnaise with grapeseed oil
- Organic maple syrup or honey.
- The EWG's Recommendations for the "Clean Fifteen"

We Don't Use:

- Soy Products, except wheat-free Tamari and tofu
- Peanuts (because of their potential for aflatoxins)
- Aluminum Cookware or baking powder
- Soft plastic food storage containers (due to BPA content)
- Corn, Canola, or soybean oils (due to high Omega-6 oils)
- Trans-fats (like Margerine)
- High Fructose Corn Syrup (HFCS) or MSG
- The EWG's recommendations for the "Dirty Dozen"