

# FAST FOOD OR FASTER FOOD

By Becky Moran



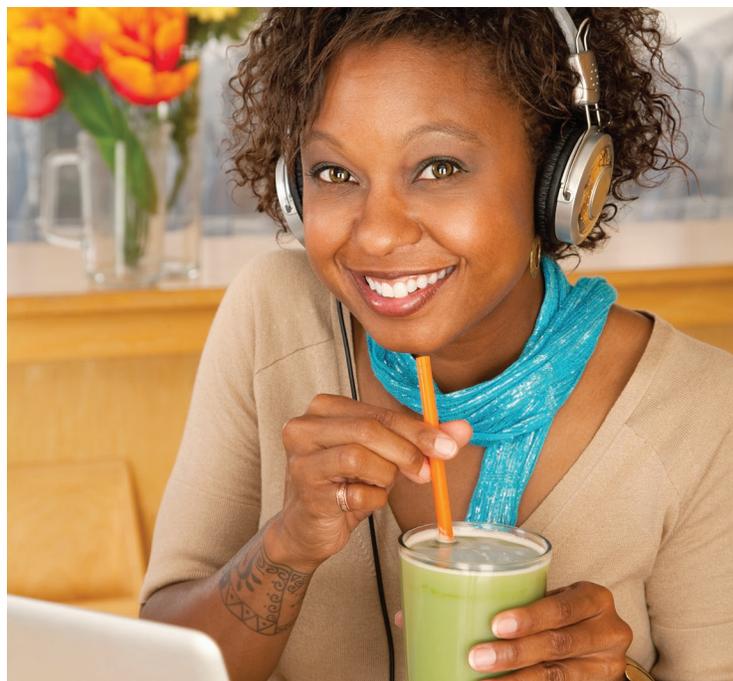
We live in an age where 40+ hour work weeks and to-do lists a mile long force us to multi-task like never before. How often does what little brain power we have left go toward what we eat? Fast food has become a staple in so many lives, and who can blame them? On my 20 minute drive home there are no less than 8 different fast food chains, I could have fried chicken with a side of tacos... at the same restaurant. For breakfast, if I don't get caught behind a school bus on my way to work, I could have a waffle taco or my leftover fried chicken from the night before. Stick it in the microwave and 30 seconds later you are burning your mouth, and building your hips, but hey...it was fast. In the workplace, lunch decisions are often a group affair and could range from a salad bar to pizza, if you don't brown-bag it. When was the last time you got up early, cooked and enjoyed a healthy, sensible breakfast on a work day?

In the late 1980's, a movement called Slow Food was founded to combat Fast Food and our fast-paced life's effects on our relationship with food. It was founded (of course) in Europe; the land of the siesta. Slow Food believes in the "culture of food"; enjoying and cherishing the food that nurtures you. The movement encourages people to grow their own food or to buy locally to support farms and carry on cultural food traditions. I strongly believe that taking pleasure in what you eat and its preparation is key to a healthy relationship with food and better health overall. Personally, I love cooking. Being in the kitchen with music playing while I cook all day is such a great feeling, especially when you finally get to eat it! But how often do we really have time to cook that exquisite

meal? For me, it's once a month, if I'm lucky. However, I'm proud to say that I've cut 95% of fast food out of my diet, even though I'm increasingly pressed for time. Sure, every couple of months I decide that I need french fries NOW, but honestly I don't miss fast food. Why? How? Shakes and fruit my friend, shakes and fruit.

To me, shakes and fruit aren't fast food, they're faster food. Instead of grabbing a breakfast sandwich, I throw a banana, almond milk, peanut butter, granola, whatever fruit I have and some ice into my single serving blender and in less than 5 minutes (accounting for prep and cleanup) I have a healthy breakfast ready to go with me!

## FITNESS FLYER



Maybe I'll even beat that school bus this time! Afraid your produce will go bad before it makes it into your smoothie? If you throw it in the freezer, then you might not even need ice! Some mornings I don't even have enough time for a smoothie, so in these cases I keep a stock of apples and all-natural granola bars. I grab one of each, throw them in my purse and am set until lunch. I am fortunate enough to work at a place where we can buy shakes (it is what we sell after all) with healthy, quality ingredients. I may be getting paid to write this article, but I stand behind our products. I never thought that I would be the person who brags about the amazing, creamy, addictive spinach protein shake I made. Just because you don't work here doesn't mean that you too can't have awesome healthy shakes! (\*\*\*)Shameless plug alert(\*\*\*)

One of great things about our swiig stuff is that you can keep a stash of shake goodies at work without worrying about the spinach or strawberries going bad, because they are freeze-dried! There is a whole line to choose from whether you need nut butters, fruits, veggies, flavors or proteins, swiig has it. (end plug) Seriously though, this stuff is non-GMO, all-natural and freaking delicious. You can make a complete, balanced meal in less time than it would take you to drive to McDonald's, wait in line, wait for your food and drive back to eat it. Even if you were to eat in your car before you made it back to work, the shake would still be faster!

Replacing fast food with faster, healthier foods is an easy choice and an easy change. Choosing a shake over a milkshake a couple days a week might even give you enough energy to spend a little more time getting to know the food in your kitchen!

## PROJECT: PFC MISSION STATEMENT

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Eat Well. Live Well (and Long).

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