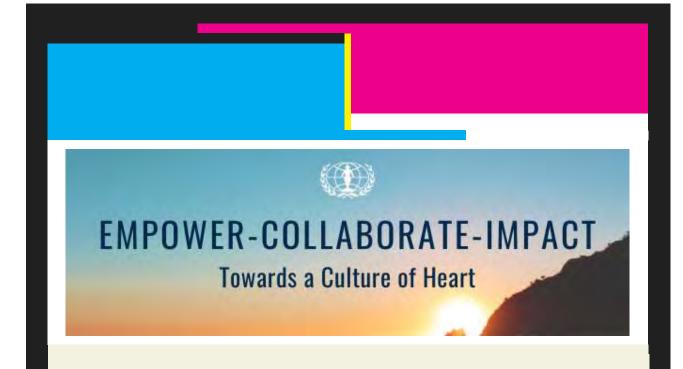
WFWP Home Toolkit for Empowerment and Support during this uncertain time

Anne Bellavance March 26, 2020



Dear esteemed Members and Friends of WFWP,

We hope this note finds you safe and in good health!

Our hearts and prayers go out to you in these times of global crisis and unique challenges due to COVID-19. Many of us across the country now live in social isolation and quarantined in our homes. GOOD CHOICE!

Yet, what to do all day long with the same people around you? Maybe you are bored? Lonely? Anxious what will happen next?

First of all, we feel that the most important task at this time is to STAY

ALERT, COOPERATE WITH YOUR LOCAL GOVERNMENT, KEEP YOUR

SPIRIT HIGH and STAY POSITIVE. Try not to get caught up in the spirit of fear, anxiety and confusion, which according to science already lowers your immune system by 50%!! Second, be creative, and find something meaningful and purposeful to do.

I was so inspired by WFWP USA's Home Toolkit that I wanted to share it with you. Just click on the button below. The tool kit is designed to **empower yourself and others** in the simple form of a "cheat sheet" which you may want to put on your refrigerator. This bullet list is also designed to support you and your family, and Women's Federation in a very simple, but powerful and impactful way. Maybe choose one or more each day - or one in each category.

we would love to near from you, what your experience is with it, and ask you to please drop us a line or share more ideas with others and we will feature it in our upcoming WFWP Oceania Newsletter.

Bottom line:

Be encouraged as women and mothers to use this time at home to take good care of self and your family and create a loving atmosphere. **When the mother of the family** is happy, the family is happy.'

I believe, we are all called by our Creator to also take care of His greater family and children with a Mother's heart which is needed right now like fresh air! And if we do a good job, we will feel happier ourselves, and might get even healthier in the process!

Check out the point about alkaline foods as an antidote for the virus!

In that spirit: Wash those hands often, stay at home and stay healthy, but also stay spiritually strong and tuned in, and spread seeds of goodness and hope!

Your team from WFWP Oceania

Tool Kit from WFWP USA

Alkaline Foods Chart









WFWP is an international NGO in General Consultative Status with the Economic & Social Council of the United Nations

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Oceania Region: Australia, New Zealand, Solomon Islands, Vanuatu, Fiji, Samoa, PNG



ALKALINE FOODS

ACID FOODS

VEGETABLES

Artichokes Arugula

Asparagus

Avocado

Basil

Beets

Broccoli

Brussels Srpouts

Cabbage

Cabbage Lettuce

Capsicum/Pepper

Carrot

Cauliflower

Celery

Chives

Collard/Spring Greens

Comfrey Coriander

Coriander

Cucumber

Endive

Endive

Garlic

Ginger Grasses

Green Beans

Kale

Kohlrabi

Lamb's Lettuce

Leeks Lettuce

Mustard Greens

New Baby Potatoes

Okra

Onion

Parsley

Peas

Pumpkin

Radish

Red Cabbage

Red Onion

Rutabaga

Spinach

Sprouts Squash

Turnip

Watercress

White Cabbage Zucchini

FRUITS

Avocado

Coconut

Grapefruit

Lemon

Lime

Pomegranate

Rhubarb

Tomato

MEATS

Pork

Lamb

Beef

Chicken

Turkey

Custaceans

Other Seafood (apart

from occasional oily fish,

such as salmon)

DAIRY PRODUCTS

Milk

Eggs

Cheese

Cream

Yogurt

Ice Cream

DRINKS OTH

Almond Milk

Fresh Vegetable Juice

Green Drinks

Herbal Tea

Lemon Water (pure water

+ fresh lemon or lime)

Non-sweetened Sov Milk

Pure Water (distilled, re-

verse osmosis, ionized)

Vegetable Broth

OTHERS

Vinegar

White Pasta

White Bread

Wholemeal Bread

Biscuits

Soy Sauce

Tamari

Condiments (Tomato

Sauce, Mayonnaise etc.)

Artificial Sweeteners

Honey

DRINKS

Fizzy Drinks

Coffee

Tea

Beers

Spirits

Fruit Juice

Dairy Smoothies

Milk

Traditional Tea

SEEDS, NUTS, GRAINS

Almonds

Any Sprouted Seed Buckwheat Groats

Caraway Seeds

Cumin Seeds Fennel Seeds

Hemp Seeds

Lentils

Sesame Seeds Spelt

CONVENIENCE FOODS

Sweets

Chocolate

Microwave Meals

Tinned Foods

Powdered Soups

Instant Meals

Fast Food

FATS & OILS

Saturated Fats

Hydrogenated Oils

Margarine (worse than butter)

Corn Oil

Vegetable Oil

Sunflower Oil

FATS & OILS

Flax

HAN

Hemp Avocado

Olive

Evening Primrose Borage Oil Blends

OTHERS

Hummus

Tahini

Sprouts (soy, alfalfa, mung bean, wheat, little radish, chickpea, broccoli, etc.)

FRUITS

All fruits, aside from those listed in the alkaline column.

SEEDS & NUTS

Peanuts

Cashew Nuts

Pistachio Nuts

General Guidance:

Stick to salads, fresh vegetables and healthy nuts and oils. Try to consume plenty of raw foods and at least 2-3 liters of clean, pure water daily.

General Guidance:

Steer clear of fatty meats, dairy, cheese, sweets, chocolates, alcohol and tobacco. Packaged foods are often full of hidden offenders and microwaved meals are full of sugars and salts. Over cooking also removes all of the nutrition from a meal.

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