

## WFWP Home Toolkit for Empowerment and Support during this uncertain time

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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 hear 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](#)



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## Empower and Uplift Yourself, Your Family and Others

WFWP USA Home Toolkit March 2020

**“The most important thing about health is always living with a positive, happy and grateful heart. When we open our eyes in the morning, we should smile and shout out, ‘Today I am beginning a happy day!’ It is said, if we do that, all diseases fall away, and endorphins are produced. Therefore, we also become more healthy and efficient in our work.”**

**- Dr. Hak Ja Han Moon, Mother of Peace**

### CARE FOR SELF AND FAMILY

- Keep spirit high - pray, read scriptures, meditate, sing and listen to uplifting music
- Study Holy Scriptures and Holy texts alone or with others
- Tune in with uplifting reading materials, such as the Logic of Love news
- Nurture self - eat healthy and alkaline foods (see list below), boost immune system, dance and enjoy life
- **Keep mindset “alkaline” by reading positive self-help books**
- Love husband and children - family fun times
- Call one or more members of your family or neighbors a day to see how they are doing, and be creative with other acts of service
- Get to know each other more deeply, pray together and share ideas
- Find ways to connect virtually with each other, such as Zoom, video call, etc.
- Share empowering messages with others and spread positivity on social media

### HEALTH TIPS: UNBLOCK TO UNLOCK

- [Click here](#) for some healthy tips from our WFWP USA Senior Vice President, Juanita Pierre-Louis to boost your immune system.

### ALKALINE FOOD LIST

- During the COVID-19 pandemic, we recommend that you take alkaline foods (higher in pH levels) to support your health and strengthen your immunity.
- [Check out this alkaline food list](#) to find ways to incorporate them into your meals.
- If you are interested, please do your own research to find out more information about how alkaline foods can benefit your overall health and immunity.

# ALKALINE FOODS

# ACID FOODS

## VEGETABLES

Artichokes  
Arugula  
Asparagus  
Avocado  
Basil  
Beets  
Broccoli  
Brussels Sprouts  
Cabbage  
Cabbage Lettuce  
Capsicum/Pepper  
Carrot  
Cauliflower  
Celery  
Chives  
Collard/Spring Greens  
Comfrey  
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

## DRINKS

Almond Milk  
Fresh Vegetable Juice  
Green Drinks  
Herbal Tea  
Lemon Water (pure water + fresh lemon or lime)  
Non-sweetened Soy Milk  
Pure Water (distilled, reverse osmosis, ionized)  
Vegetable Broth

## SEEDS, NUTS, GRAINS

Almonds  
Any Sprouted Seed  
Buckwheat Groats  
Caraway Seeds  
Cumin Seeds  
Fennel Seeds  
Hemp Seeds  
Lentils  
Sesame Seeds  
Spelt

## MEATS

Pork  
Lamb  
Beef  
Chicken  
Turkey  
Custaceans  
Other Seafood (apart from occasional oily fish, such as salmon)

## OTHERS

Vinegar  
White Pasta  
White Bread  
Wholemeal Bread  
Biscuits  
Soy Sauce  
Tamari  
Condiments (Tomato Sauce, Mayonnaise etc.)  
Artificial Sweeteners  
Honey

## CONVENIENCE FOODS

Sweets  
Chocolate  
Microwave Meals  
Tinned Foods  
Powdered Soups  
Instant Meals  
Fast Food

## DAIRY PRODUCTS

Milk  
Eggs  
Cheese  
Cream  
Yogurt  
Ice Cream

## DRINKS

Fizzy Drinks  
Coffee  
Tea  
Beers  
Spirits  
Fruit Juice  
Dairy Smoothies  
Milk  
Traditional Tea

## FATS & OILS

Saturated Fats  
Hydrogenated Oils  
Margarine (worse than butter)  
Corn Oil  
Vegetable Oil  
Sunflower Oil

## FATS & OILS

Flax  
Hemp  
Avocado  
Olive  
Evening Primrose  
Borage  
Oil Blends

## OTHERS

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

## 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.