

Food Safari Chapter Program

Our members of TOPS#WA1503, Port Orchard all live in a small town. This can limit the variety of foods that we easily have access to. We recently went on a field trip to one of the many larger grocery chains a bit further from home and had our own personal food safari. The challenge was to find and purchase two new fruits or veggies that we had never tried. It was great fun to scour such a large fresh food department. Some went for unusual looking foods others for variations of foods they recognized, but all came away with something new. The following week we all shared about how we prepared the foods and our review. There were some hits and misses but we all agreed it was a great way to try something new and healthy. For those that enjoy trying new things it was a fun adventure. For those of us a bit more hesitant, the encouragement from the others made it easier to try something new. Many of these upscale chains have kitchens on the premises with samples and recipes as well. It was a fun way to expand our tastes with healthy alternatives.

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