

# OUR CORE VALUES

Our food is deeper than just flavor

[WWW.INOURISHTOFLOURISH.COM](http://WWW.INOURISHTOFLOURISH.COM)

## BIODYNAMIC INGREDIENTS



Biodynamic farming is a type of farming that practices crop rotation, seed diversity and encourages microbial fortification of the soil. Since agriculture is one of the biggest causes of climate change, this type of farming improves environmental efficiency, while producing the best produce and meats. We're here for it!

## LOCAL INGREDIENTS



We support local economies for many reasons. Primarily because the ingredients are seasonal, fresher, more pure and have a lower carbon footprint. 90% of our ingredients are sourced from farmers markets.

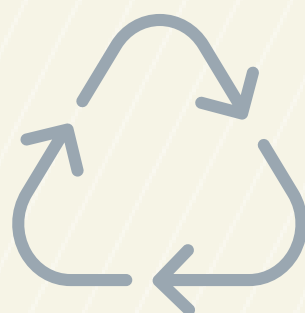
## FUNCTIONAL NUTRITION



Our food is designed to burn cleanly in the body. We sift through contradicting nutritional advice and design custom menus that are optimal for each individual.

## ENVIRONMENTALLY CONSCIOUS

From our plantable menus and compostable to-go containers, to our no plastic and minimal waste practices, we try to reduce our environmental impact in as many ways as possible.



## HUMANITARIAN



We believe that no food should go to waste. All leftover or uneaten food is donated to shelters. A portion of our profits is donated to farmers and organizations that help children learn how to farm in better ways.