

FOR THE FOODIES

FoodTrients Says Unlock Timeless Beauty



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Elevate Your Wellness Journey with Nutrient-Rich Recipes

Enter the realm of wellness through the lens of nutrition. It's a journey where every meal is an opportunity to nourish not just the body, but the very essence of your being. Ginger Hultin, FoodTrients' nutritionist and dietitian, illuminates the profound impact of a wholesome diet on our long-term beauty. She suggests embarking on a culinary adventure that promises to enhance your inner glow and outward allure. By eating a healthy diet can play a role in long-term beauty in the following ways: Skin elasticity, vibrancy, color, hair and skin quality, fostering growth and resilience. Energizing the body for an active lifestyle and maintaining optimal muscle mass. Fueling vitality and zest for life, ensuring each day is brimming with potential.

Which Foods Are Best for Aging Beautifully? Grace O, founder of FoodTrients, has identified the following 'superfoods' as the path to staying beautiful and vibrant as you age. Choose these food categories to get access to the complex carbohydrates, protein, and healthy fat as well as vitamins, minerals, and antioxidants that can support your beauty. Vitamin A foods consist of carrots, tomatoes, red peppers, melon, fish, and eggs. Vitamin C foods are sweet potatoes, red peppers, citrus fruits, strawberries and tomatoes. Almonds, peanut butter, pumpkin, wheat germ oil, sunflower seeds are Vitamin E food. Biotin foods are nuts, egg yolks and oats. Selenium foods consist of Brazil nuts, seafood, broccoli, soybeans.

With each bite, you rewrite the narrative of aging, embracing a future where beauty and wellness dance in harmonious tandem. It's time to savor the flavors of nourishment, paving the way for a more vibrant, age-defying you. These 'superfoods' are the ingredients for aging well, as well as creating delicious, irresistible dishes. Recipes can be found at www.FoodTrients.com.



Geri Leung, Amanda Mailey, Bea Lugtu

Women Launch Portland First Filipino Food Tour

16 Tour Stops from Beaverton to Troutdale with Distinct Filipino Ingredients

In honor of National Filipino Food Month in April, Amanda Mailey, owner of ALIST LLC, a local, Filipina-owned marketing and business consultancy, is partnering with Filipina artist Beatriz Lugtu and Baon Kainan food cart co-owner Geri Leung to launch the first ever Filipino Food Tour in the greater Portland region entitled "SOBRANG SARAP," which translates to "Very Delicious" in Tagalog. Mailey, Lugtu and Leung invited 26 small business owners to join together to create the first-ever Filipino food crawl in Oregon.

The three women coordinated 16 Filipino-owned food businesses and community organizations from Beaverton to Troutdale, and each will highlight four distinct Filipino ingredients through their own dish, drink or dessert each week in April. To further educate and provide greater context to the specials, each ingredient will be complemented by historical background and personal storytelling provided online.

SOBRANG SARAP is sponsored by Travel Portland and the Philippine American Chamber of Commerce of Oregon (PACCO). SOBRANG SARAP represents a memoir of Filipino dishes, which were created by 26 small business owners who united together to honor their ancestors. With 16 locations throughout the month of April, covering 25 miles and featuring 60-plus dishes, locals and visitors alike will dine on

distinct Filipino dishes, drinks and desserts each week. Additionally, diners will learn about, or further enhance their knowledge of, the diverse Filipino food businesses and locations included in the food tour. Each participating chef has a shared goal of dedicating their respective and unique dishes to the family that raised them.

The month-long Filipino food tour will introduce diners to Filipinx-owned restaurants, food carts, pop-ups, cafes, residencies, and non-profits. The food tour will culminate on Sunday, April 28th at Kolektivo at 959 SE Division St. in Portland from 3 p.m. to 7 p.m. for a ticketed, family-friendly celebration that is open to the public.

Beginning on April 1st, participating locations will feature at least one dish on their menu, based on one key Filipino ingredient. Each special dish will be noted as the Chef Challenge on the menu and it comes with significant room for interpretation and creativity. For the Filipino ingredients, Week One will be Ube. Week Two is Adobo. Week Three will be Calamansi and Week Four will be Pancit. "We invite both Oregon residents and visitors to our beautiful Rose City to join us, dine on our diverse Filipino cuisine, and come learn about these talented Filipino chefs in April, and throughout the year. Come explore the deeper meaning behind the dishes and learn more about the chefs' inspiration via their stories posted online and in social media to get the full cultural experience," said Mailey.

"Organizing this event, alongside so many other Filipinx-owned businesses, is my way to honor and celebrate my ancestors and their relationship with the earth," added Mailey.

Mailey, Lugtu and Leung are driving the branding, marketing, and storytelling supporting this cultural Filipino food tour.