

Nourishing a Brighter Future

December 2017

Eat to Nourish



Food Focus... Check out the #FlikSoCheesy Brie Grilled cheese this month!



Healthy Foods Matter... Make sure to try some ancient #FlikGrains Quinoa this month! It is high in complete protein and is also gluten free!



This year, #TravelingFlavors brings you #FlikAroundTheWorld in which we will be featuring some wonderful meals from London England, Bombay India, Yokohama Japan and San Francisco USA!

Share Knowledge

Curry is this month's #Tastings spice! We will give our guests many opportunities to try this spice throughout December!



This month's #SuperPowerFood is Winter Squash! It is vegetable rich with beta-carotene which helps your eyes adjust in the dark!



Happy Holidays



The world is rich with diversity, which is reflected in the observances celebrated by its various cultures and populations! We wish you and your family a wonderful Holiday Season! – Flik Family

Connect Community

Seed an Orchard

Last year, Flik chose "Trees for Tribes" as our Compass in the Community initiative for Be-A-star. The Fruit Tree Planting Foundation (FTPF) is an award-winning international nonprofit charity dedicated to planting fruit trees to help alleviate world hunger. FTPF programs strategically donate orchards where the harvest will best serve communities for generations. Flik partnered with Trees for Tribes to fund the planting of school and community orchards on Native American reservations in the United States. Food insecurity, hunger, and poor nutrition are a growing problem for families across the nation. Nearly 23% of Native American households experience food insecurity, the highest of any ethnic group in the U.S. Through hard work and use of fundraising such as donation boxes, buy a fruit give a fruit, raffles and many more we were able to raise \$13,000 a remarkable donation for a good cause! 🙌

