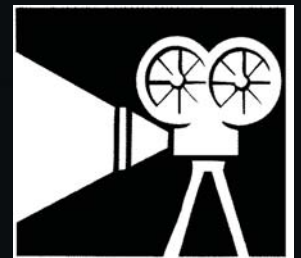


A special event brought to you by the

Kootenay Co-op



"Eat food. Not too much. Mostly plants."
Michael Pollen



FOOD FILM FESTIVAL

Sunday, February 8, 2009

Capitol Theatre

an Open Invitation

Food on Film Film on Food

Whether one is well versed in wholefood nutrition, or just discovering its importance to good health, each one of us will learn juicy information from these exciting new food films.

This FREE Food Film Festival is your opportunity to invite your family, friends and neighbours to learn about food, food systems and how a healthy diet helps keep you well. Invite them along - they'll thank you for it!

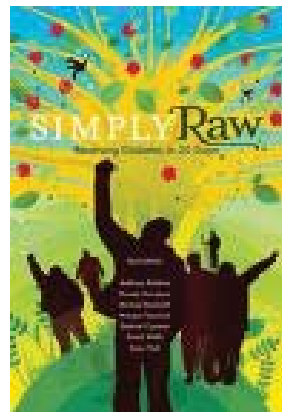
FREE **FREE**
EVERYONE WELCOME

2 Features *with* Shorts:

1

1:30 pm

FREE



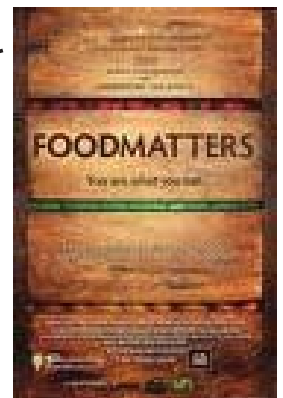
Simply Raw
with
Validation

Att: those with diabetes
& other chronic illnesses!!

2

6:30 pm

FREE



Food Matters
with
Beyond Organic

Att: everyone who's
sick & tired of being
sick & tired!!

Food on Film Film on Food

The Kootenay Co-op's Food Film Festival is a FREE **drop-in** event you won't want to miss!

2 Features *with* Shorts

1

1:30 pm

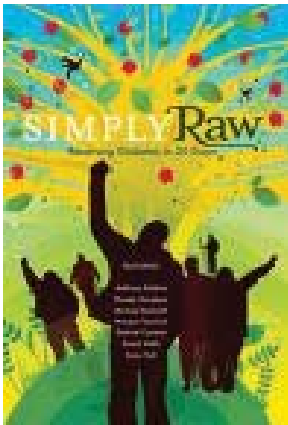


2

6:30 pm

1

1:30 pm



Simply Raw

Of special interest to anyone who has been diagnosed with an “incurable” disease like Diabetes, or know someone who has.

Simply Raw: Reversing Diabetes in 30 Days is an independent documentary film that chronicles six Americans with 'incurable' diabetes switching their diet and getting off insulin.

The film follows each participant's remarkable journey and captures the medical, physical, and emotional transformations brought on by this radical diet and lifestyle change. We witness moments of struggle, support, and hope as what is revealed, with startling clarity, is that diet can reverse disease and change lives. www.rawfor30days.com. 88 minutes.

PLUS

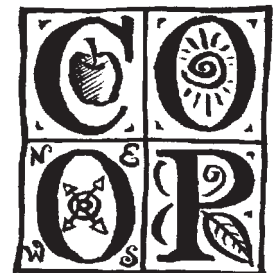
Validation



A short film about the magic of looking for the best in people.

This movie has played at 34 film festivals worldwide and won 17 awards.

17 minutes



Kootenay Co-op 295, Baker St. Nelson 250-354-4077 www.kootenay.coop

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2 Features *with* Shorts

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1:30 pm



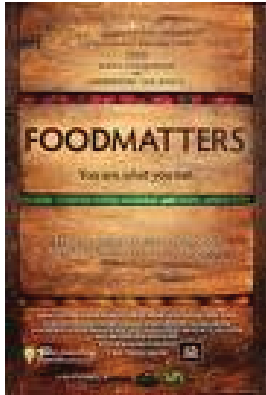
2

6:30 pm

2

6:30 pm

Food Matters



Are you sick and tired of being sick and tired?
Prevent Illness, Reverse Disease & Maintain Optimal Health... Naturally!

With nutritionally-depleted foods, chemical additives and our tendency to rely upon pharmaceutical drugs to treat what's wrong with our malnourished bodies, is it any wonder that modern society is getting sicker? Food Matters sets about uncovering the trillion dollar worldwide 'sickness industry' and gives people scientifically verifiable, effective, economical, safe and non-invasive solutions for curing disease naturally. www.foodmatters.tv 80 minutes.

What people are saying about FOOD MATTERS...

"YES! Food Matters! This riveting, inspiring film is a giant step forward in awakening people's consciousness about what we are putting into our bodies and how we are nourishing ourselves and our planet."
- Alissa Cohen, Author of LIVING ON LIVE FOOD

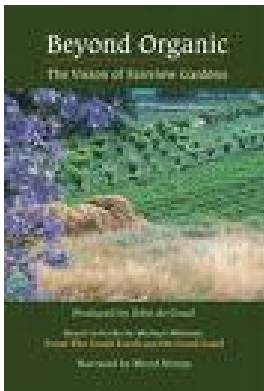
"We need to get this message out there. It will change people's lives,"
- Laurentine ten Bosch, filmmaker FOOD MATTERS

"This eye-opening documentary is important to anyone who has ever taken the safety of our nation's food supply for granted. Food Matters is destined to be a classic."
- Jordan Rubin, NYT best selling author of THE MAKER'S DIET

"What you put into your mouth is more important to your health and well-being than most can possibly realize. Food Matters is a riveting and informative film that will help you understand just how important whole foods really are to your well-being."
- Mike Anderson, author of THE RAVE DIET AND LIFESTYLE

PLUS

Beyond Organic



Beyond Organic: The Vision of Fairview Gardens
A model of community supported agriculture in the midst of suburban sprawl.

Managed for over 2 decades by visionary farmer/photographer/author, Michael Ableman, this 12-acre organic farm in Southern California has become a model of sustainable food production and community involvement, as well as an inspiration for thousands of people all over the world. 33 minutes



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2 Features *with* Shorts

1

1:30 pm



2

6:30 pm

Drop by the lobby to mix and mingle and while you're there,

Enjoy:

- *some light refreshments

Enter to win:

- *a pair of snow shoes
- *one of our awesome door prizes

Sign up:

- *to receive Co-op eNews and stay up to date upcoming events (including Dr Carolyn DeMarco in March)
- *for a Store Tour

Pick up:

- *a brochure and sign up for Kootenay Co-op Cooking School classes
- *information about the benefits of Co-op membership

Take home:

- * your coupon for a discount on all Co-op in stock books