



## daily GOOD

Let there be work, bread, water and salt for all. ---Nelson Mandela-

### **Food for Your Soul: An Interview with Satish Kumar**

"Food brings people together and nourishes not just their body but their soul, their mind and their spirit... That is why it is so important what kind of food you are eating. If you eat food that is tasteless, sprayed with chemicals and wrapped in plastic then your soul and spirit will not be nourished. We should eat wholesome food for a wholesome life." These are the words of Satish Kumar, founder of the Small School in Hartland England, and someone who once walked 8,000 miles from India to America to deliver packets of peace tea to the leaders of the world's then four nuclear powers. Read on to hear more insights into the power of baking and breaking bread together.

### **Be The Change:**

Find a time this week and bake and break some bread!