

Health On a Budget Budget **SUMMIT**

Conference Program

May 19-25, 2012

Presented by Brandi Rollins, *Author of Raw Foods on a Budget,*
and the Raw Foods on a Budget Team

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Raw Foods on a Budget

The ultimate resource to enjoying raw foods while living on a tight budget

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Welcome to the Health on a Budget Summit!

We all have heard people say, “Fruits and vegetables are too expensive!” or “I can’t afford to eat or be healthy!” Well, here’s the thing: eating or being healthy doesn’t have to be expensive. In fact, the sole purpose of this online Summit is to show the world how to be healthy in a budget-loving way!

My team and I have searched high and low for experts knowledgeable on every aspect of being healthy (in a budget-friendly way of course), and we have brought them to you. Why? Because it’s simply a good idea.

The Health on a Budget summit is a FREE online conference that features 35 talks, video exercise and recipe demonstrations, free Budgeting 101 and Gardening Guides, a World-Wide Forum, and even a Summit Cookbook, showcasing over 100 vegan, vegetarian, raw, and gluten-free recipes! We have brought the solution to YOU, now all you have to do is TAKE IT!

And because this Summit is a grass roots movement, we need your help in spreading the word. There are so many people who want to be healthy but think they can’t afford it. These individuals and families need this Summit more than anyone. Be apart of this global message!

Thank you and Blessings to ALL!

Brandi Rollins

Creator and Director of the Health on a Budget Summit

Author of the Award-Winning book *Raw Foods on a Budget*

Ph.D. Candidate in Human Development, Penn State University

healthonabudgetsummit.com

rawfoodsonabudget.com

brandirollins.weebly.com

The Health on a Budget Summit is May 19-25, 2012!

Register for FREE at www.HealthonaBudgetSummit.com

and if this conference schedule doesn’t work for you, get access to the talks and the whole Summit (videos, Summit Cookbook, etc.) any time you want for only 8-cents a day! Go to the Summit website for info!

Day 1

Affordable Healthy Living: The Basics

Saturday
May 19, 2012



All times are on Pacific Standard Time (PST)

9:00am

Welcome/Opening Talk: Affordable Healthy Eating

Speaker: Brandi Rollins, MS, PhDc

Author & educator, Brandi is the voice behind the Raw Foods on a Budget movement. Brandi is author of the award-winning book *Raw Foods on a Budget*, and Creator and Director of the Health on a Budget Summit.



10:00am

Eating Organic on Less than \$5 a Day

Speaker: Linda Watson

Linda is the author of the best-selling cookbook *Wildly Affordable Organic: Eat Fabulous Food, Get Healthy, and Save the Planet—All on \$5 a Day or Less*.



11:00am

Mindful Eating: How Overeating is Costing You!

Speaker: Jean Kristeller, Ph.D.

Jean is a clinical psychologist, cofounder of The Center for Mindful Eating, and Professor Emeritus at Indiana State University. Jean has utilized meditation-based interventions for eating disorders and obesity for over 20 years.



12:00pm

Lunch Break

Check out the Recipes Section of the Summit Website for delicious and affordable vegan, vegetarian, and gluten-free recipes that you can make right now!



1:00pm

How to Stay Active on a Budget

Speaker: Lori Painter

Lori is a holistic health practitioner, life coach, certified group fitness instructor, personal trainer, yoga instructor, and the creator of LifebyLori.com. She specializes in mental and emotion well-being, and is currently writing her first book, *The Freedom Formula: 12 Practices that will Liberate Your Life*.



Day 1

Affordable Healthy Living: The Basics

Saturday
May 19, 2012



All times are on Pacific Standard Time (PST)

2:00pm

Get FIT in the Great FREE Outdoors

Speaker: Satish Lohani

Satish Lohani, creator and founder of HealthonaBudget.com and an avid outdoors fan, is an economist who is interested in reducing health care costs. On his website he promotes ideas to lower medical bills and live healthy on a budget.



3:00pm

Exercise/Snack Break

Check out the Exercise Section of the Summit Website for short, exercise videos that you can do right now!



4:00pm

How to Get the Most From Your Budget

Speaker: Brandi Rollins

Author & educator, Brandi is the voice behind the Raw Foods on a Budget movement. Brandi is author of the award-winning book *Raw Foods on a Budget*, and Creator and Director of the Health on a Budget Summit.



5:00pm

6 Steps for Creating an Effective Budget

Speaker: David Kimball

Financial expert, David Kimball, teaches families and individuals how to get out of personal debt in 36 months or less using simple, effective budget strategies. He is author of the upcoming book, *Your Household Budget Made Easy*.



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Day 2

Beyond Budgeting/Healthy Eating

Sunday
May 20, 2012



All times are on Pacific Standard Time (PST)

9:00am

ECO-Effect: The Greening of Money

Speaker: Neale Godfrey

Neale is author of the *ECO-Effect: The Greening of Money* and creator of the ECO-Effect program, which teaches adults and children how they can make the world a more ECONomically and ECOlogically healthier place for everyone and everything.



10:00am

Communicating with Your Partner About Money

Speaker: Marlow and Chris Felton

Marlow and Chris are authors of the book, *Couples Money: What Every Couple Should Know About Money and Relationships*.



11:00am

Raising Financially Responsible Children

Speaker: Neale Godfrey

An expert on family and children's finances, Neale is author of the best-selling book, *Money Doesn't Grow on Trees: A Parent's Guide to Raising Financially Responsible Children*, and has been featured on Oprah 13 times!



12:00pm

Lunch Break

Check out our Recipes Section for delicious and affordable vegan, vegetarian, and gluten-free recipes that you can make right now!



1:00pm

Eating Vegan on \$4 a Day

Speaker: Ellen Jaffe Jones

Author and sought-after motivational speaker, Ellen is author of the best-selling book, *Eat Vegan on \$4 a Day*, a certified personal trainer (AFAA), running coach (RRCA), previous financial consultant, and winner of 2 Emmys!



Day 2

Beyond Budgeting/Healthy Eating

Sunday
May 20, 2012



All times are on Pacific Standard Time (PST)

2:15pm

Creating Delicious Vegan Meals on a Budget

Speaker: Lindsay Nixon

Lindsay has been praised for her ability to use everyday ingredients to create healthy, low fat recipes. She is author of the best-selling books: *The Happy Herbivore Cookbook* and *Everyday Happy Herbivore Cookbook*.



3:00pm

Exercise/Snack Break

Check out our Exercise Section for quick exercise videos that you can do right now!



4:00pm

Feed Your Family Vegetarian on a Budget

Speaker: Andrea Frayser

Andrea is an award winning authority on Holistic Family Nutrition. She is author of *The Pennywise Vegetarian- The "How-to" Guide For Better Eating on a Budget*, and leads family seminars on affordable vegetarian eating.



5:15pm

Eating Raw Foods on a Budget

Speaker: Brandi Rollins, MS, PhDc

Author & educator, Brandi is the voice behind the Raw Foods on a Budget movement. Brandi is author of the award-winning *Raw Foods on a Budget*, and Creator and Director of the Health on a Budget Summit.



6:30pm

Eat Delicious and Gluten-Free on a Budget

Speaker: Rella Kaplowitz

Creator of the blog, *Penny Pinching Epicure*, Rella shares delicious and gourmet gluten-free recipes that don't break the bank.



Day 3

Garden on Any Budget!

Monday
May 21, 2012



All times are on Pacific Standard Time (PST)

4:00pm

Steps for Creating Your Summer Garden

Speaker: Brandi Rollins, MS, PhDc

When it comes to gardens, Brandi has had a lot of them: large and small, container and indoor, and plots in community gardens and her backyard. And here's what she has learned: successful gardening requires a plan!



5:15pm

Tips for Gardening on the Cheap!

Speaker: Shawn Verrall

Shawn is known as the "Cheap Vegetable Gardener" offering tips on his website cheapvegetablegardener.com on how to grow a garden with very little space and even less money.



6:30pm

Lower Your Food Bills, Increase Your Nutrition: Kitchen Gardening - Sprouting 101

Speaker: Steve Meyerowitz, Sproutman®

Steve is one of the world's leading proponents of sprouting, and author of several books on health and nutrition including *Sprouts the Miracle Food*, *Sproutman's Kitchen Garden Cookbook*, and *Wheatgrass Nature's Finest Medicine*.



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Day 4

Live More on Less

Tuesday
May 22, 2012



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4:00pm

FOOD STAMPED

Speaker: Yoav Potash

Yoav is an award-winning filmmaker, writer, and social justice advocate, and co-Director of the award-winning film FOOD STAMPED: a documentary about a couple attempting to eat a healthy diet on a food stamps budget.



5:15pm

Eating Health on Food Stamps

Speaker: Lena Simone



6:30pm

How to Eat Local on a Budget

Speaker: Leda Meredith

Leda is author of *The Locavore's Handbook: The Busy Person's Guide to Eating Local on a Budget*, in which she chronicled her 250-mile diet eating almost exclusively foods grown and foraged within 250 miles of New York City.



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Day 5

Eating Healthy in College/Time Management

Wednesday
May 23, 2012



All times are on Pacific Standard Time (PST)

Eating Healthy in College (Student Panel)

Speaker: TBA

This talk is in the process of being rescheduled due to scheduling difficulties. Once the talk is rescheduled, it will be made available on the Summit website.



4:15pm

Fresh Food FAST: The Art of Food Preparation

Speaker: Lisa Viger

Lisa is a vegan artist, photographer, gardener, and food blogger. With her weekly blog, Raw on \$10 a Day (or Less), she enjoys showing the world that a healthy vegan lifestyle can be economical, simple, fun, and delicious.



5:30pm

Time Management for a Vibrant Mamahood

Speaker: GaBrilla Ballard

GaBrilla is a mama, musician, writer, and creator of thevibrantmama.com, which centers Joy, Juiciness and Well-being in the Life of The Modern Mama.



6:45pm

Raw Foods for Busy People

Speaker: Brandi Rollins (Speaker Change)

Note that the speaker for this talk has been modified due to scheduling difficulties. Brandi Rollins, author of the book, Raw Foods on a Budget, and Director of the Summit will be the speaker.



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Day 6

Health Care on a Budget

Thursday
May 24, 2012



All times are on Pacific Standard Time (PST)

3:00pm

Health Care on a Budget

Speaker: Dr. Linda Patterson

Dr. Linda Petter is a Family Practice physician, with over 12 years of clinical experience, and author of *Healthcare On a Budget*, and *Common Medical Sense*.



4:15pm

Tips for Reducing Medical Costs

Speaker: Satish Lohani

Satish Lohani, creator and founder HealthonaBudget.com and an avid outdoors fan, is an economist who is interested in reducing health care costs. On his website he promotes ideas to lower medical bills and live healthy on a budget.



5:30pm

How to Spend Your Dollars When You Have Cancer

Speaker: Diane English

Trained in both mainstream and alternative medical fields, Diane has been a Cancer Coach for 9 years. She is author of the book, *Realistically Raw* and owner of the business Raw Living Fuel.



6:45pm

How to Spend Your Dollars When You Have Diabetes

Speaker: Chef Timothy Moore, ND

Chef Tim is a sought-after speaker and plant-based chef. He is Director of Wellness and Nutrition for Showcase Enterprise L.L.C., and author of *10 Days To A Healthier You* and *47 Tips To Reverse Your Diabetes*.

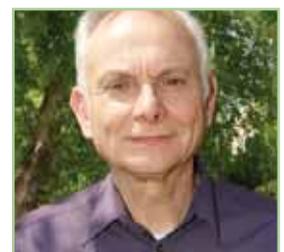


8:00pm

Getting the Most Out of Your Supplements

Speaker: Olin Idol, ND, CNC

Olin is a Naturopathic Doctor, Vice President of Hallelujah Acres (creators of the popular Hallelujah Diet), and author of *Pregnancy, Children, and the Hallelujah Diet*.



Day 7

Strategies for Finding FREE Food!

Friday
May 25, 2012



All times are on Pacific Standard Time (PST)

3:00pm

Foraging 101

Speaker: Steve Brill

“Wildman” Steve Brill is America’s go-to guy for foraging. He’s led thousands of foraging tours since 1982, and has authored 3 books, created foraging DVDs and recently released a smartphone foraging app!



4:15pm

Foraging in the City

Speaker: Leda Meredith

Leda is a foraging expert that specializes in wild edible and medicinal plants. She is an instructor at the New York Botanical Garden and at the Brooklyn Botanic Garden, and author of *The Locavore’s Handbook*.



5:30m

Get Fruits and Vegetables for FREE!

Speaker: Trevor Justice

Trevor is the author of *Supercharge Your Health With Whole Foods, How Vegans Get Calcium, Iron, Protein, A, B12 & D* and *Raw Food Riches*, and cofounder of The Vegetarian Health Institute.



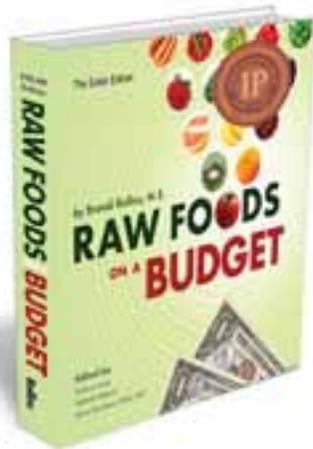
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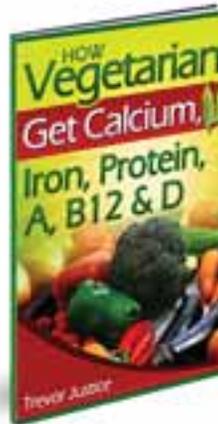
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7 DAYS 37 TALKS RECIPE VIDEOS EXERCISE VIDEOS FREE & ONLINE

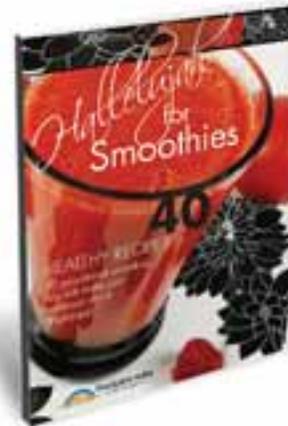
If you would like to take advantage of these materials any time you want, register for the Affordable '8-cents a Day' Premium Package! And get these BONUS EBooks!



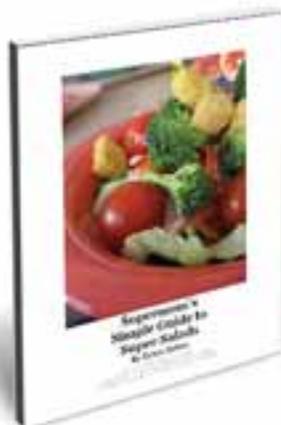
Raw Foods on a Budget
by Brandi Rollins



How Vegetarians Get Calcium, Iron, Protein, A, B12, & D
by Trevor Justice



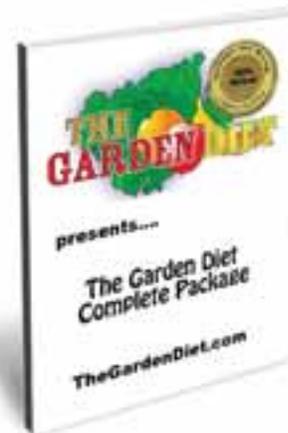
Hallelujah for Smoothies
by Hallelujah Acres



Supermom's Strategic Guide to Super Salads
by Supermom's Health and Wellness



Raising Raw Vegan Children
by Storm and Jinjee Talifero



The Garden Diet Complete Package
by Storm and Jinjee Talifero

DISCLAIMER

The information obtained through the Health on a Budget Summit is presented for the sole purpose of educating participants on wellness topics.

Information obtained through the Health on a Budget Summit is not intended to be instructional for medical diagnosis or treatment nor is it intended to replace, in any way, the medical advice which can only be provided by a physician or other medical professional through direct consultation. Information obtained through the Health on a Budget Summit is not exhaustive and does not cover all eating modalities, physical conditions or their treatment for a particular party.

Participants must consult with a physician or other medical professional if they feel ill or before embarking on a new treatment, diet, or fitness program. Users should never disregard medical advice or delay in seeking advise because of something they obtained through the Health on a Budget Summit.

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