



# Refined to Real Food: Moving Your Family Toward Healthier, Wholesome Eating

*Allison Anneser*

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We all find ourselves frequently giving into the convenience of processed foods in spite of the negative health effects. Many families today have become disconnected from real food and the nourishment it provides, but the prospect of shifting to whole foods is overwhelming, especially when children are involved. Allison Anneser lives with her family in NH.

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