**MELANIN DAY SCHOOL ACADEMY**

“Easier to build strong children than to repair broken men”

**2021 HIGH VIBRATIONAL FOODS!**

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**THE GOAL IS TO INCREASE OUR LIFE FORCE WITH ELECTRIC HIGH VIBRATIONAL FOODS! THROUGH NUTRITION WE GIVE MELANATED FAMILIES A FIGHTING CHANCE TO THRIVE!**

**THESE FOODS ARE HIGH NUTRiTIONAL FOODS WITH LITTLE TO NO PROCESSING.**

**FRESH PRODUCE\*\* Organic when possible + Other warming building whole foods. Example there are more that can fit in these categories!**

| **Fruits** | **Vegetables** | **Nuts/Seeds/Dried fruit\*\* Raw no added sugar or salt** | **grains/Legumes\* dried** |
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| * **Citrus** * **Grapes** * **Papaya** * **Berries** * **coconuts** * **Avocados** * **Pears** * **Pomegranates** * **Kiwi** * **Papaya** * **Mango** * **Apples** * **watermelon** | * **Squash** * **Ginger** * **Pumpkins** * **Broccoli** * **Carrots** * **String beans** * **Cauliflower** * **Greens** * **Sprouts** * **Onions** * **Peppers** * **Herbs: cilantro, parsley,etc** | * **Dates** * **Raisins** * **Plums** * **Figs** * **Almonds** * **Pumpkin seeds** * **Sunflower seeds** * **chia** | * **Beans** * **Quinoa** * **Black wild rice** * **Buckwheat** * **Spelt** * **Kamut puffs** * **Air popped popcorn** * **Millet puffs** |

* **For donations CashApp: $MelaninScholars and or Contact Nakia Porter (571)201-5867 for scheduling pickups**