



About Oldways

The Oldways Whole Grains Council is just one of the many programs run by Oldways, a nonprofit food and nutrition organization that inspires people to embrace the healthy joys of the old ways of eating. Oldways is best known for the Mediterranean Diet Pyramid, which was created with the Harvard School of Public Health in 1993, and for the Whole Grain Stamp, which helps consumers find products that contain whole grains. Below are our Heritage Diet Pyramids (Mediterranean, African Heritage, Latin American, Asian, and Vegetarian/Vegan).



For Health Educators

Utilize our free and low-cost educational resources (handouts, menu planning books, etc.) Teach our 6-week cooking and nutrition programs in your community. A Taste of African Heritage has been included in the SNAP-Ed Library, and A Taste of Latin American Heritage is now being piloted.

- Contact Paola (Paola@oldwayspt.org) to learn more.

For Journalists

Need to interview a nutrition expert for a story on whole grains, the Mediterranean diet, or other healthy lifestyles? We've got you covered. We also have many healthy, delicious recipes (and photos) that can be reprinted with permission.

- Contact Hannah (Hannah@oldwayspt.org) to learn more.

For Brands

Co-brand our materials (such as our 4-Week Menu Plan books, our posters, or our brochures) to distribute to clients and customers. Support our cooking & nutrition classes. A \$400 donation covers the cost of groceries, student handbooks, and teacher's manual for a typical 6-week class series.

- Contact Sandy (Sandy@oldwayspt.org) to learn more.

For Food & Travel Enthusiasts

Join us on our upcoming one-of-a-kind trip to the Veneto, April 28–May 5, 2019. We'll be joined by Chefs Kevin O'Donnell and Michael Lombardi of SRV in Boston, visiting Verona, Venice, and Cison di Valmarino in Northern Italy.

- Details: www.oldwayspt.org/veneto