

Login > Visit Page > Click Edit at the Top of Page

1. Edit Content
2. Click Blue Update Button at Top of Page

To update Zonya's page, follow these same steps.

The screenshot shows the WordPress 'Edit Page' interface for the 'About Krista' page. The page title is 'About Krista' with a red '1' next to it. The main content area features a large image of a family (Krista, her husband, and two children) wearing 'EAT REAL' t-shirts. Below the image is a red '2' and the heading 'Meet Krista Sanderson, REAL Food Champion, Wife and Mom'. The text below the heading reads: 'Hi! My name is Krista Sanderson and I live in Wichita, KS with my husband, two kids, and our spoiled Border Collie. I have a HUGE passion for enjoying REAL food! After many, many different ideas on how to help others enjoy all the benefits of REAL food, in 2013 (with the help from some great partners), our service, Get REAL Wichita, was born. After a year of talking to our members, learning, helping others, and building the content on Get REAL Wichita, we were asked repeatedly to expand beyond Wichita...thus, the birth of Eat REAL America...with weekly meal ideas, recipes, blog topics, tips and more -- all focused on REAL food!' Below this is a section titled 'What is REAL Food?' with text explaining the concept of REAL food. At the bottom of the main content area, there is a red '2' and the heading 'REAL food doesn't have ingredients, REAL food is ingredients!' followed by text explaining the definition of REAL food. On the right side of the interface, there are several sidebar panels: 'Custom Sidebar', 's2Member™', 'Publish', 'Page Attributes', and 'Order'. The 'Publish' panel shows the page is 'Published' and has a blue 'Update' button with a red arrow pointing to it. The 'Page Attributes' panel shows 'Parent' as '(no parent)' and 'Template' as 'Default Template'. The 'Order' panel shows the page order as '0'. The 'Order' panel also has a text input field with '0' and a 'Need help? Use the Help tab in the upper right of your screen.' link.

The screenshot shows the header of the 'Eat REAL America' website. The top navigation bar includes 'MY RECIPE BOX (15)', 'SIGN OUT', 'CONTACT', and 'VIEW SHOPPING LIST'. The main header features the 'EAT REAL AMERICA' logo with the tagline 'Get Fresh. Get Local. Get Real.' and a search bar for recipes. Below the logo are social media icons for Facebook, Twitter, and Pinterest, along with a 'FREE RECIPES!' button. The main navigation menu includes 'HOME', 'ABOUT US', 'REAL MEALS', 'WEEKLY MEAL IDEAS', 'QUICK TIPS', 'CORPORATE WELLNESS', and 'COACHING TIPS & VIDEOS'. A secondary navigation bar below the main menu includes 'MORE IDEAS:', 'IN SEASON', 'QUICK & EASY', 'BREAKFAST', 'SLOW COOKER MAGIC', and 'SNACK IDEAS'.

**1 ABOUT KRISTA**



**2 MEET KRISTA SANDERSON, REAL FOOD CHAMPION, WIFE AND MOM**

Hi! My name is Krista Sanderson and I live in Wichita, KS with my husband, two kids, and our spoiled Border Collie. I have a HUGE passion for enjoying REAL food! After many, many different ideas on how to help others enjoy all the benefits of REAL food, in 2013 (with the help from some great partners), our service, Get REAL Wichita, was born. After a year of talking to our members, learning, helping others, and building the content on Get REAL Wichita, we were asked repeatedly to expand beyond Wichita...thus, the birth of Eat REAL America...with weekly meal ideas, recipes, blog topics, tips and more -- all focused on REAL food!

**WHAT IS REAL FOOD?**

We call it anything that doesn't come out of a box and is minimally processed. Some say it can be anything with 5 or less ingredients, or at least ingredients you can recognize! Basically, REAL food is anything that grows from the ground, grows from a tree, swims in the ocean, or grazes on the prairie.

*REAL Food Doesn't Have Ingredients, REAL Food Is Ingredients!*

We are just a normal family with a crazy schedule (mostly because of our kids)! We understand the challenges to eating healthy and keeping things as simple as possible in a world where there is conflicting and confusing information about how to eat right! We have learned over the years by personal experimentation how to eat healthy and eat well -- and that planning is the key! We have learned the farmer's market is a great resource for fresh fruit, vegetables, meat, eggs, bread and more...not to mention the wonderful people who make these foods available. And, we have also learned how to prepare simple, great-tasting meals with the huge universe of REAL foods! We do still laugh about the tater tot casserole we made when we were first married (not that there is anything wrong with tater tot casserole, but it isn't real food, is it?).

**OUR RECIPE REQUIREMENTS**

We know recipes can be found everywhere! But how do you sort out the ones that are healthy, easy-to-prepare, and taste good too? We have made...and enjoyed...every single meal idea you will find on Eat REAL America. There are several that don't make the cut (they are not "website worthy"). Our kids are also part of our taste test team...so you can be assured most of the meals are kid-friendly!

To make the cut, our meal ideas must meet these requirements:

- Easy-to-prepare,
- Taste amazing,
- Affordable,
- REAL food ingredients,
- And *Good for You!*

We believe convenience, cost, confusion, and taste should NOT be barriers to enjoying all the benefits REAL food has to offer! For convenience, we have also built a recipe box to save your favorite recipes and a customizable shopping list (accessible from your smart phone or tablet) to make your farmer's market and grocery store visits a little easier.

We hear all the time from people who say they want to eat better, but have a variety of reasons why they don't follow through. "I want to eat healthy, but my husband and kids are picky eaters," or "I just don't have the time to plan healthy meals," or "we are in a rut, we make the same things over and over." We want to help people to follow through on this desire -- think of it as a personal trainer for eating well! We will do the thinking and planning for you, providing the tools to make it easy to whip up a meal that is good for you and tastes great!

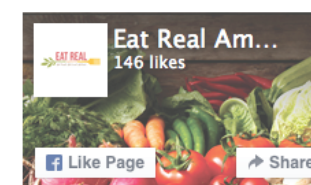
**WE ARE HERE TO HELP!**

Because I am a mom, not a formally trained chef or nutritionist, we have joined forces with Zonya Foco, America's Nutrition Leader! The first time I met Zonya, she immediately inspired me...how can you not love her energy and enthusiasm?! I quickly realized we have the same passion -- we are like-minded in our philosophy about "keeping it REAL" with REAL food!

Zonya and I will work together to keep you and your family healthy and raving about how delicious REAL food can be! We would love to hear from you... please let us know what you like, or what we could do better!

Thank you for keeping it REAL with us!

**FACEBOOK**



Be the first of your friends to like this

Eat Real America shared a link. August 25 at 3:04pm



Every Community Has One of These... - Eat REAL America

EATREALAMERICA.COM

1 Like · 3 Shares

Like Comment Share