



A LIFE WELL FED
Recipes to Remember

Confessions From a Pantry

Volume 2: May 31, 2024



Welcome to *Confessions From a Pantry*

Dear Friend,

*Life is what happens when you are busy making
other plans.*

-John Lennon

I have a confession. I never imagined this much time would pass between newsletters. Just as I was planning out the chapters of *A Life Well Fed*, in January, my husband Pete and I decided to move from Tennessee to Colorado to be near eight of our grandchildren. Over the two months, we bought and sold a home, packed 20 years of stuff, and headed west. The chaos of all those moving parts meant I had to set the cookbook aside to prioritize my family and manage our relocation across the country. The silver lining? In the grand scheme of things, a few extra months pale in comparison to the happiness and support of being surrounded by family members ready and eager to help. Then, one day, in the middle of all the craziness, our 11-year-old grandson Jack looked over at me from across the counter and said, "Gigi, you can do magic in the kitchen." At that very moment, my heart was full, and I knew we made the right decision.

Big Changes

While I was covered up in bubble wrap and boxes, exciting developments were unfolding behind the scenes of *A Life Well Fed*. Encouraged by the overwhelming support and enthusiasm for this project I took the leap and applied for 501(c)(3) status to operate *A Life Well Fed* as a not-for-profit organization. With the support and dedication of two remarkable women, Louan Torres and Michelle Romano who have graciously accepted a position on the Board of Directors, and numerous others who have volunteered their time, this project is poised and prepared to elevate the cause to new heights. If you would like to get involved or learn more about the project, [click here](#) and visit the website. Or, you can email me at kathy@alifewellfed.org and I promise to get back to you within 24 hours. Many of you have asked when the cookbook will be available. My goal is to release it in early fall. It might be sooner if I can tear myself away from spending time with the grandchildren... but I doubt it.



From the Pantry

Today, my pantry is stocked and in our next newsletter, I'll talk about seasonings. I'll share some of my favorites and how to get creative with a kaleidoscope of flavors in one single jar. This week, I've shared a couple of new creations. These recipes were the result of a hectic couple of months and not much time to cook. They are super simple, made with items that a well-stocked pantry, fridge, and freezer will always have on hand, and can be made on a moment's notice!



Don't miss the recipe of the month, Ahi Tuna Bowl.



Check out this Ceviche, just in time for summer entertaining. (And while you're there, we've got a new margarita you won't want to miss!)

Speaking of recipes, if you try a recipe or have any questions about how to prepare them, I hope you'll leave a comment. And if you're too bashful to post, please don't hesitate to email me at

kathy@alifewellfed.org. I'd love to hear from you.

Please help spread the word! I'm incredibly grateful to have you with me on this journey. If you could, please forward this email to a friend and encourage them to sign up for *Confessions from a Pantry*. And, if you or someone you know would like to honor a loved one affected by Alzheimer's or other forms of dementia, please consider submitting a recipe for consideration on the website or in the cookbook. You can also celebrate their memory on our **Wall of Remembrance**.

Until next time, I wish you much happiness, good health, and a life well fed.



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