



Oldways' Five Pillars

The Foundation of all Oldways Programs and Communications

1. Food is One of the Greatest Gifts of Heritage

We celebrate food as one of the greatest gifts of heritage, carrying with it the wisdom, customs, and authentic flavors of our ancestors. Through embracing cultural food traditions and heritage diets, we inspire people to embrace the old ways of eating, bringing the best elements of traditional diets forward into today's world.

2. Cooking as Culture and Connection

Cooking is an important everyday skill – and it's a legacy. We are dedicated to inspiring others to learn and pass down the knowledge and love of heritage foods through hands-on learning and intergenerational sharing.

3. Health Beyond the Plate

Good health comes both from what we eat and how we live. We champion the joy of shared meals, the vitality of movement, and the richness of communities and relationships as essential elements of overall wellbeing.

4. Food is a Bridge Between Cultures

Exploring the foods of different cultures opens doors to deeper understanding and respect. Recognizing that there is no single “best” diet, we believe that learning about heritage foods fosters connection, appreciation, and understanding in our communities and throughout the world.

5. It's the Whole Diet

We believe a healthy diet involves the whole diet, especially highlighting the importance of foods that are under-consumed yet vital for good health, such as whole grains, legumes, nuts, fruits, and vegetables.