



Welcome to Season 3 of Rebel Eaters Club! Rebel Eaters Club is a little different from other podcasts you may have heard. It's an **experiential podcast**. That means that you're invited to engage with it like it's an... uh... experience. Of course, you can just listen to the episodes. But if you want to go a little deeper, here's how. Ready?

Step 1. Subscribe to the podcast on your favorite podcast app

Step 2. Download the merit badges

Step 3. Prep snacks for each episode. If you have an allergy or you don't like the suggested snack, replace it with either an approximate snack or a snack of your dreams.

Season 2, Episode 1: Harry & David's pear - Laurie Santos

Season 2, Episode 2: creme brulee - Vishinna Turner

Season 2, Episode 3: Vegemite - Ginny Jones

Season 2, Episode 4: popcorn - Summer Michaud-Skog

Season 2, Episode 5: lime guava tarts - Alex Locust

Season 2, Episode 6: Nutella - Isabel Foxen Duke

Step 4. Take a deep breath 'cause we're going to talk about some deep shit

Step 5. Listen to episode 1

Step 6. Journal

Step 7. Cut out your first merit badge and put it in your journal or wherever you keep merit badges!

Repeat steps 1-7 until you're listened to all the Season 3 episodes!

Rebel Eaters



MANIFESTO

1. DIETS SUCK

Diets are super unpleasant AND highly ineffective. They are often related to eating disorders, anxiety and depression.

2. ALL FOOD IS GOOD FOOD

Unless you're allergic to something, we don't need to have "off-limits" foods. We can stop putting food into categories like "good" and "bad."

3. CORN DOGS, DONUTS & NUTELLA AREN'T OFF-LIMITS ANYMORE

Duh, this stuff is delicious! And guess what? We deserve to enjoy delicious things!

4. VEGETABLES ARE GREAT BUT THEY DON'T HAVE SUPERPOWERS

Carrots and brussel sprouts are yummy but eating them won't turn anyone into a "better" version of themselves!

5. WE DO NOT USE FOOD TO CHANGE OUR BODY SIZE

Our bodies are the perfect size already.

6. WE MOVE & EAT FOR FUN & PLEASURE

We believe eating and movement should be fun and pleasurable, not grueling, painful or mind-numbing.



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