

“Natural” Choice Delivers Fresh Advantage

Ready to discover a wonderful new bistro in the heart of Pennsylvania? Travel on beautiful Route 11/15 to the quaint town of Selinsgrove and head for *Emma's Food for Life* — a fabulous new restaurant that's all about fresh, gourmet, and healthy cooking with local ingredients. The experience will be guaranteed scrumptious *and* rewarding for your soul.

Co-owner Emma Renninger grew up on a farm, so using farm-fresh ingredients was a “natural” choice. “I know what raising food is all about. When you have high standards and seek food you can trust to serve the public, then buying from sustainable local farmers is a natural!” declared Emma.

So it's a “natural” that many PASA farmers supply the meats, dairy, eggs, fruits and vegetables required for the seasonal menus. “100% of our meat is locally raised and grass-fed, and all the poultry and eggs are pasture-raised. It's great to *know* our farmers. No concern over whether we can trust what a label or advertisement claims!”

John Hopkins of Fork's Farm, who supplies their chicken, eggs, beef and pork added, “It is refreshing to work with chefs that appreciate the difference in our food — from the taste and flavor to the nutritional qualities because of the way our food is grown.”

The Kelleys at White Frost Farm, who provide a considerable lot of the veggies, agree. “The dialog that takes place between producer and restaurateur is rewarding; we are building relationships that in turn strengthen our local community,” commented Kit Kelley.

(Left) Nick Charles and Emma Renninger, along with Emma's staff, make a visit to Kit & Cathy Kelley's White Frost Farm in Washingtonville. White Frost Farm supplies many vegetables to the newly opened restaurant in Selinsgrove, PA.



Local Seasonal Food in a Relaxed Atmosphere
Emma's
Food For Life

*The area's first
natural food restaurant
with an emphasis on local,
seasonal foods.*

Open Tuesday – Saturday
11:00am – 8:00pm

Emma's Food for Life, Inc.
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Emma's restaurant pursuits began early, when she worked as a waitress, then line cook, and became absorbed in food service. Her path eventually led her to Walnut Acres in Penns Creek in 1997 where she focused on product development. “I was really excited to work at Walnut Acres. Although I was a good cook and great baker, I wanted to understand natural foods better. I had passion for nutrition and unprocessed foods...and Walnut Acres taught me plenty!” Emma took that quest to new heights recently when she graduated from the Institute for Integrative Nutrition in June.

Emma's partner Nick Charles added, “When affirming our goals for this project, Emma and I knew we wanted to source ingredients from our local farmer neighbors. We wanted to support the community that in turn will support us. Environmentally also, it felt like the right thing to do.”

Emma and Nick have a quest to please the patron. “We guarantee delicious and nutritious food, but take it a step further too, offering our patrons vegetarian, vegan, and gluten free options,” states Emma. “And all the breads and baked goods are prepared fresh daily on the premises.”

“A soon-to-be famous dish on our menu is the pizza, because we have a not-so-secret ingredient,” Emma teased, “from our friends at Selinsgrove Brewing Company. We retrieve the spent grain from their brewing process, dehydrate it and turn it into flour. It delivers a boost of nutrition and fiber to our crust!”

Emma's Food for Life. Stop by for some amazing fresh cooking, while supporting regional farms and an independent eatery. ■