



Free Family Cooking Classes

**EVERY 4TH SATURDAY OF EACH MONTH
FROM 10 A.M. TO 1 P.M.**

Grant High School Garden

1221 South Ave.

Room W-42 (Left side of the
parking lot on Dry Creek Rd.
by South Ave.)

Sacramento, CA 95838

***Space is limited, so
please register.**

Register by contacting

**F. Malik at 916-256-6593 or
fmalik@healthdcouncil.org**

Saturday Apr 23, 2011

Topic: Where to buy local, low-cost fresh food

Menu: Sesame chicken with snow peas, rice and
salad

Saturday May 28, 2011

Topic: Fiber and serving size

Menu: Un-fried chicken with greens and cactus
salad

Saturday June 25, 2011

Topic: Eating raw vegetables

Menu: Juicing fresh carrots and beets, raw salads
with sushi demo

- Each event includes raffle prizes, one free veggie bag per household, cookbooks, and more!
- Attend three classes and receive a certificate of completion from the EAT From the Garden Culinary Academy



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. •California Department of Public Health



Free Family Cooking Classes

**EVERY 4TH SATURDAY OF EACH MONTH
FROM 10 A.M. TO 1 P.M.**

Grant High School Garden
1221 South Ave.
Room W-42 (Left side of the
parking lot on Dry Creek Rd.
by South Ave.)
Sacramento, CA 95838

***Space is limited, so
please register.**

Register by contacting
F. Malik at 916-256-6593 or
fmalik@healthedcouncil.org

Saturday, July 23, 2011

Topic: Connect to your roots: A traditional recipe
Menu: Special guest chef

Saturday, August 27, 2011

Topic: Herbs, spices, and seasonings
Menu: Rosemary chicken & herbed veggie combo

Saturday, September 24, 2011

Topic: Celebrate the fall harvest
Menu: Grilled veggie kabobs and zucchini muffin

- Each event includes raffle prizes, one free veggie bag per household, cookbooks, and more!
- Attend three classes and receive a certificate of completion from the EAT From the Garden Culinary Academy



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. •California Department of Public Health