

**Eat Healthier  
Live Happier**



**Healthy  
Eating  
Starts  
Here**

**EVERY 4<sup>TH</sup> SATURDAY  
OF EACH MONTH  
@ 10:00 AM- 1:00 PM**

**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!**

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

“This is not a program of the  
Twin Rivers Unified School District  
and the Twin Rivers USD accepts  
no liability or responsibility



## **Free Cooking Events**

### **Ethnic American Treasures (E.A. T.) from the Garden**

#### **Schedule**

**April 24, 2010**

Topic: Where to buy local, low-cost fresh fruits & veggies

Menu: Veggie fried rice and Garden Salad Bar

**May 22, 2010**

Topic: Fiber and serving size

Menu: Chow Mein Munch and Garden Salad Bar

**June 26, 2010**

Topic: Eating raw vegetables

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

**July 24, 2010**

Topic: Connect to your Roots: A Traditional Recipe

Menu: Special Guest Chef

**August 28, 2010**

Topic: Herbs, spices, and Seasonings

Menu: Fajitas and Fresh tomato salsa

**September 25, 2010**

Topic: Celebrate the Fall Harvest

Menu: Grilled Veggie Kabobs and zucchini muffin

**October 23, 2010**

Topic: Pumpkins: More than Just Decorations

Menu: Pumpkin Pie and Holiday Favorites



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.