



Capital Area Food Bank Nutrition Education Calendar (Oct '23- March '24)

| October 2023 | | | | | | |
|--------------|----|----|----|----|----|----|
| Su | M | Tu | W | Th | F | Sa |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

October

17 Harvest and Cook CAFB: "Roots and Leaves" (3:30pm to 5:00pm)*



| November 2023 | | | | | | |
|---------------|----|----|----|----|----|----|
| Su | M | Tu | W | Th | F | Sa |
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

November

2 Getting the Garden Ready for Winter (9:00am to 10:30am)*

8 Healthy Holidays Cooking Class (5:00pm to 6:30pm)*



| December 2023 | | | | | | |
|---------------|----|----|----|----|----|----|
| Su | M | Tu | W | Th | F | Sa |
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

December

12 Composting Basics- Virtual (12:00pm to 1:00pm)

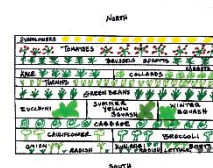
14 Seasonal Cooking Class: Winter (5:00pm to 6:30pm)*



| January 2024 | | | | | | |
|--------------|----|----|----|----|----|----|
| Su | M | Tu | W | Th | F | Sa |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

January

18 Plan Your Future Harvest- Virtual (12:00pm to 1:00pm)



| February 2024 | | | | | | |
|---------------|----|----|----|----|----|----|
| Su | M | Tu | W | Th | F | Sa |
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | | |

February

12 Meatless Monday Cooking Class (11:30am to 1:00pm)*

28 Seed Starting Indoors- Virtual (12:00pm to 1:30pm)



| March 2024 | | | | | | |
|------------|----|----|----|----|----|----|
| Su | M | Tu | W | Th | F | Sa |
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

March

21 Seed Starting in the Garden (10:30am to 12:00pm)*



*Event will be in the Urban Demonstration Garden/Teaching Kitchen at 4900 Puerto Rico Ave NE, Washington DC 20017

All virtual classes will be held online using Zoom. Please RSVP for Zoom link.

To register for cooking class/partner workshops, contact Aliza (aottenheimer@capitalareafoodbank.org)

To register for garden events/workshops, contact Avery (across@capitalareafoodbank.org)