



## Capital Area Food Bank Nutrition Education Calendar (April '24- Sept '24)

April 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				

May 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	

June 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						

July 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			

August 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

September 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					

### April

### May

- 7 Cooking Class: Cabbage (4:30pm to 6:00pm)\*
- 14 Time to Transplant: Summer Crops (10:30am to 11:30am)\*



### June

- 12 Harvest and Cook: Collards (4:30pm to 6:00pm)\*



### July

- 12 Basil Basics (12:00pm to 1:00pm)\*



### August

- 12 Meatless Monday Cooking Class (5:00pm to 6:30pm)\*
- 15 Flower Power (1:00pm to 2:00pm)\*



### September

- 19 Harvest and Cook: Peppers (4:30pm to 6:00pm)\*



\*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 classes/partner workshops, contact the Nutrition Specialist ([education@capitalareafoodbank.org](mailto:education@capitalareafoodbank.org))

To register for garden events/workshops, contact the Garden Specialist ([garden@capitalareafoodbank.org](mailto:garden@capitalareafoodbank.org))