

CALFRESH HEALTHY LIVING SPRING 23 SCHEDULE



JANUARY

Harvest of the Month (HOM): Beets

1/24, 12-1pm Cooking Basics 1 Featured Cooking Skill: Using herbs and spices

1/31, 12-1pm Cooking Basics 2 Featured Cooking Skill: Julienne



FEBRUARY



HOM: Mandarin Oranges @ SRWC Farmer's Market

2/7, 12-1pm Cooking Basics 3 (Lunar New Year Themed) Featured Cooking Skill: Chiffonade, grain, steam

2/14, 12-1pm Cooking Basics 4 Featured Cooking Skill: Saute

2/22, 1-2pm Black History Month Event

2/23, 1-2pm Master Chef Competition

2/28, 12-1pm Cooking Basics 5 Featured Cooking Skill: Steam



MARCH



HOM: Berries @ SRWC Farmer's Market

3/2, 3/9, 3/16 11am-12pm Natl. Nutrition Month Classes

3/23, 11am-12pm Rethink Your Drink-Day of Action

APRIL



HOM: Carrots @ SRWC Farmer's Market

4/4, 12-1pm Cooking Basics 6 Featured Cooking Skill: Poaching

4/11, 12-1pm Cooking Basics 7 Featured Cooking Skill: Basic ways to cook eggs

4/18, 12-1pm Cooking Basics 8 Featured Cooking Skill: Basic ways to cook eggs

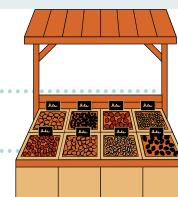


MAY



HOM: Dried Fruit @ SRWC Farmer's Market

5/2, 12-1pm Cooking Basics 9 Featured Cooking Skill: Saute



= Located at the ASI Beach Kitchen