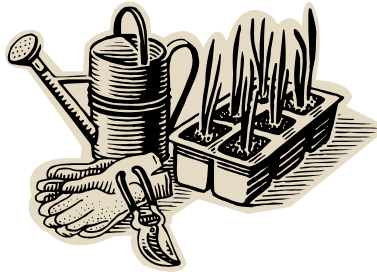


# Nutrition Connection: A Family Day in the Garden

Saturday March 15<sup>th</sup>  
10:00AM~1:30PM  
Palma Ceia School



**Come and help with the whole family!**

**We will**

- ~ Create areas for growing vegetables
- ~ Plant spring vegetables for nutrition connection classes
- ~ Prepare healthy spring salads and fresh fruit smoothies
- ~ Learn about the nutritional benefits of eating fruits and vegetables with hands-on activities for children and adults
- ~ Enjoy healthy fruit and vegetables tastings

If you have questions, please contact Ms. Leah at 510-317-3095



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