



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				

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		

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						

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			

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		

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						

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

November	
2	Getting the Garden Ready for Winter (9:00am to 10:30am)*
8	Healthy Holidays Cooking Class (5:00pm to 6:30pm)*

December	
12	Composting Basics- Virtual (12:00pm to 1:00pm)
14	Seasonal Cooking Class: Winter (5:00pm to 6:30pm)*

January	
18	Plan Your Future Harvest- Virtual (12:00pm to 1:00pm)
23	New Year, New Pantry: Wellness Pantry Workshop- Virtual (10am to 12pm)

February	
12	Meatless Monday Cooking Class (5:00pm to 6:30pm)*
28	Seed Starting Indoors- Virtual (12:00pm to 1:30pm)

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)