



# October Calendar



**2 - 3 PM**

**Series Nutrition Classes #1  
Healthy Meal Planning & Prepping w/Cooking Class**

@Coyote Village Kitchen



**12 - 1 PM**

**Nutrition Class: What's on a Label? w/Food Tasting**

@Latin X Center



**2 - 3 PM**

**Series Nutrition Classes #2  
Lunch on The Go w/Knife Skills w/Cooking Class**

@Coyote Village Kitchen



**2 - 3 PM**

**Series Nutrition Classes #3  
Easy Dishes with Meat w/Cooking Class**

@University Village Center



**11 AM - 1 PM**

**Harvest of the Month:  
Sweet Potato Tasting**

@PDC Roadshow



**12 - 1 PM**

**What's on a Label? w/food demo**

@Latin X Center



**2 - 8 PM - HOMECOMING**

**Harvest of the Month:  
Sweet Potato Tasting**

@ CSUSB Homecoming



Funded by USDA SNAP, an equal opportunity provider and employer.