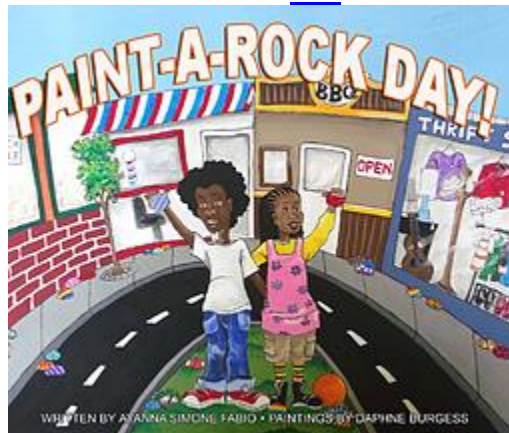


Community Events

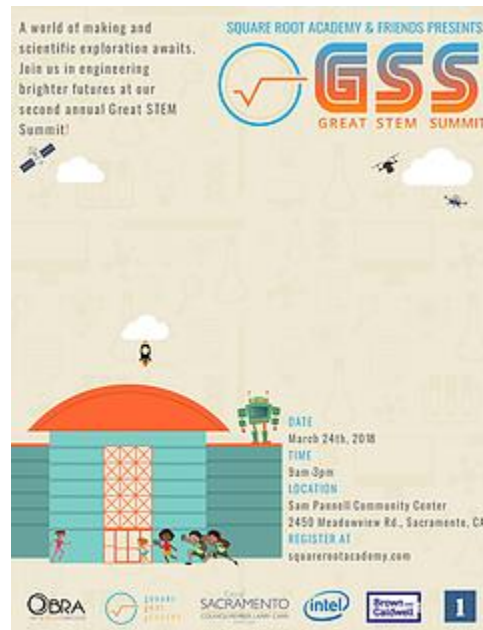
[Click here](#) to submit your event.



The Minority Health Professions Mentor Program (MHPMP) Summer Job Shadow Experience lets middle and high school students learn from and follow practitioners in their work setting. Register for the introductory conference [here](#).



Join the South Oak Park Community Association and other Promise Zone partners for a FREE reading celebration and fun activities next Wednesday, March 21 at the Fruitridge Community Collaborative. Sign-up [here](#).



Are you interested in supporting STEM education? Know 5th-8th graders who enjoy hands-on creation? Register your young learner now (or volunteer yourself) for Square Root Academy's Great STEM Summit! This FREE event will be held Saturday, March 24 from 9 am to 3 pm. Learn more [here](#).

Do you have nutrition questions?
We're here to help you find answers.

Am I eating enough fiber?
 What is quinoa?
 Why does everyone keep telling me to eat late?
 How can I eat healthy on a budget?

Come to our FREE NUTRITION CLASSES!

We'll help you:

- Set nutrition goals
- Find recipes for healthy, low-cost meals
- Learn to read a nutrition label
- Compare the amount of sugar in your favorite drinks
- Learn tips for getting picky eaters to eat fruits and veggies

Childcare available for children ages 0-5
 FREE recipes and kitchen supplies
 Parent Education clients will receive 100 Baby Bucks after completing all five classes.

Contact	Location	Address	Date	Time
Cindy Yang (916) 779-3415 Jialing Chen (916) 779-3408	Sacramento Food Bank & Family Services Education & Technology Building, Room 101B	3308 3 rd Avenue Sacramento CA, 95817	March 12, 14, 19, 21, 26	12 - 1 p.m.

For California information, call 204-925-0240. Funded by USDA SNAP & SFJARS Community Partner and sponsor. Visit www.usda.gov/Exchange for healthy tips.

Learn the tools and skills needed to become a healthier you through the Sacramento Food Bank & Family Services' March nutrition class series. Classes are held from 12-1 pm at 3308 3rd Ave Sacramento, CA 95817. Read more [here](#).