



Thursdays,
June 6–October 24

FARM TO FORK

Improve your health with
FREE farm-fresh produce
& a nutrition class!



In partnership with Land's Sake Farm and the Town of Weston, we're offering a weekly nutrition class featuring fresh, locally-grown vegetables for participants. Community Supported Agriculture shares will be given to those who attend our free nutrition and cooking class. Classes feature healthy cooking tips, taste-testing, and recipes to take home!

SCHEDULE

Thursdays,
June 6–October 24
4:30PM–5:30PM

LOCATION

Community Servings
18 Marbury Terrace
Jamaica Plain, MA

*Adjacent to the Stony Brook
train stop on the orange line.*

RSVP TO JOIN

Beth Kitzis
617-522-7777 ext. 223
bkitzis@servings.org



Community Servings is committed to providing nutrition education services for community members & partners. Classes, led by our registered dietitian nutritionists, teach clients how to maintain & improve their health through the food choices they make & techniques they use to prepare food at home.

servings.org 617-522-7777 18 Marbury Terrace, Jamaica Plain, MA 02130