



2017 Healthy Happenings Calendar

Check out OKT's "Food Policy for Food Justice" series at OKTjustice.org/resources

Food Justice & Gardening Classes

- Apr. 17 & July 10: **Food Policy for Food Justice Class**
- May 1 & June 5: **How to Plan Your Food Garden 1**
- May 8 & June 12: **How to Plan Your Food Garden 2**
- May 15 & June 19: **Composting & Vermiculture**
- May 22, June 26: **How to Save Seeds**

*Mondays 6 - 8 p.m. at Garfield Park Lodge, 334 Burton SE, Grand Rapids.
Additional classes may be offered. Check OKTjustice.org/calendar/ for details.*

Community Events & Justice Dialogues

Women of Color Convenings

Thursdays 6 - 8 p.m. at Sherman Street Church, 1000 Sherman St. SE, Grand Rapids 49506 unless otherwise noted.

- March 16, 23 & 30, 6 to 9 p.m. **Setting Intentions for Inclusivity**, Yoga Nidra Workshop. Cost \$60 to \$175 sliding scale Free to OKT constituents.
- May 18 **Food as Medicine: Preventive Health Strategies from Your Pantry and Garden**. Free.
- Aug. 17 **Food Justice Starts in the Womb: Breastfeeding and Infant Mortality**
- Nov. 16 TBA

Healthy Outdoor Fun — Free!

- Apr. 22, 10:30 a.m. **Earth Day Spring Tree Tour**, 10:30 to 12 p.m. Details TBA.
- Sept 9, 10 a.m. - 6 p.m. **Eastown Street Fair Peace Festival**. Kids' activities.
- Oct. 7, 2:30 - 5:30 p.m. **Urban Foodscapes Bicycle Tour**. Meet at MLK Jr. Park.

Our Kitchen Table is a non-profit, grassroots community activist organization working for environmental justice and food security in Grand Rapids area urban communities.

- Email OKTable1@gmail.com
- Call **616-206-3641**
- Visit OKTjustice.org



We Welcome

- Bridge Cards/SNAP
- WIC Project Fresh
- Summer EBT
- Double Up Food Bucks
- Cash Value Benefits
- Debit & Credit Cards



MLK Park, Franklin St. & Fuller Ave. SE

Saturdays 11 a.m. - 3 p.m. July 8 through Nov. 11

Market Day Activities & Events, 12 - 2 p.m.

Cooking Demos: July 22, Aug. 19, Sept. 23, Oct. 28 and Nov. 4.

Arts Market Tent: July 15, Aug. 12, Sept. 16 and Oct. 14

- **July 8** Urban Foraging Workshop
- **Aug. 5** Make Your Own Personal Care Items Workshop
- **Sept. 16** Art at the Market
- **Oct. 7** Greens Cook-off
- **Nov. 4** Fall Celebration



Market sponsored by Kent County Health Department, Greater



**Healthy can happen all year 'round in your pantry!
Collective Whole Foods Buying Group**

**Nuts, Flours, Beans, Rice, Soy Milk, Oil,
Oatmeal, Dried Fruit, Peanut Butter & More!**

Order bulk, whole foods with other folks who are part of the Collective Whole Foods Buying Group. Browse the Country Life Natural Foods catalog at the market or online, clnf.org. Let our market manager know what you want. We try to place orders monthly. Some popular items are available for direct purchase at the market.

- No mark-ups or ordering fees!
- Pay when you pick up. Bridge Card accepted for purchases.

For information, see our market manager, email SEAFM@OKTjustice.org or visit OKTjustice.org and click on Collective Whole Foods Purchase Group.

SEAFM@OKTjustice.org OKTjustice.org/farmers-market/