Learn how to cook, take care of your body, and manage your finances through affordable food and housing while learning about your relationship with the world around you. Students who complete one workshop in each of the four tracks will receive a free kitchen start-up kit!

**MAY WORKSHOPS**

**MAY 1 3-4pm**

**PASTA: THERE’S MORE THAN JUST TOMATO SAUCE**
Gilliland’s Community Center, Santa Ynez Apartments
presented by Elisa Eising

**MAY 2 6-7pm**

**HEALTHY HUMMUS**
Westgate Apartments Lounge
presented by Health and Wellness

**MAY 3 5-6pm**

**SHOPPING ON A BUDGET**
FOC Food Co-op
presented by FFOC Food Co-op

**MAY 4 6-9pm**

**DINNER AND MOVIE NIGHT**
SSI Res.
presented by A.S. Food Bank

**MAY 8 2-3pm**

**OATSTANDING: LIVING UP YOUR OATMEAL**
SSI MR2
presented by Alia Conte

**MAY 9 2-3pm**

**MEAL PREPPING & REDUCING FOOD WASTE AT SCHOOL**
Bren 406
presented by School and Food School Sustainability Committee

**MAY 10 5-6pm**

**INTERSECTIONAL VEGANISM: FOOD & SOCIAL JUSTICE**
UCen Harbor Room
presented by Unique racism

**MAY 11 3-4pm**

**CHOOSING FOODS FOR HEALTH & PERFORMANCE**
Musicology Lobby, UCen
presented by the Office of Health and Wellness

**MAY 12 1-2pm**

**HOW TO GARDEN WITHOUT (MUCH) MONEY**
Greenhouse and Garden Project
presented by Edible Campus Program

**MAY 15 2-3pm**

**AFFORDABLE & PROTEIN-RICH VEGETARIAN MEALS**
Morison North, Room 6113, Sierra Madre Apartments
presented by UCen Dining

**MAY 16 5-6pm**

**HEALTHY BREAKFAST FOR THE ON-THE-GO FAMILY**
Storke Family Housing Community Center
presented by Residential Dining Services

**MAY 18 6-7pm**

**GOING VEGETARIAN**
SSI MR2
presented by UCen and Health & Wellness

**MAY 19 12-2pm**

**COOK-OFF TASTING**
SSI MR2
presented by FFOC

**MAY 22 5-6:30pm**

**SALADS & SPROUTS**
West Campus Family Housing Community Center
presented by Alia Conte

**MAY 23 5-6pm**

**HOW GOOD CAN YOUR SHOPPING BASKET BE?**
FOC Food Co-op
presented by FFOC Food Co-op

**MAY 24 1-2pm**

**PROFESSIONAL BEHAVIOR AT BUSINESS RECEPTIONS & DINNER EVENTS**
UCen State Street Room
presented by UCen Dining

**MAY 25 4-6pm**

**USING YOUR FREEZER TO SAVE MONEY**
Edible Campus Program
presented by UCen Dining

**MAY 30 3-4pm**

**EATING HEALTHY ON A BUDGET**
SSI MR2
presented by Office of Financial Aid and Scholarships and Student Health

**MAY 31 6-7pm**

**REAL FOOD FILM FESTIVAL**
Storke Family Housing Community Center
presented by Gauchos Farmers Market

**PLUS**

**A.S. FOOD BANK MOBILE FOOD DISTRIBUTIONS**

**MAY 2 5-6:30pm**

Jimenez Community Ctr, Santa Ynez

**MAY 16 5-6:30pm**

Storke Family Housing Community Ctr

**MAY 23 5-6:30pm**

West Campus Family Housing Community Ctr

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Visit [FOODBANK.AS.UCSB.EDU](FOODBANK.AS.UCSB.EDU) for more information

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The Food, Nutrition, Basic Skills Program is a partnership of UC Global Food Initiative, A.S. Food Bank, Career Services, Community Housing Office, A.S., Environmental Affairs Board, Edible Campus Program, Gauchos Farmers Market, Health & Wellness, Housing & Residential Dining Services, Mel Caras, Mill Valley Food Co-Op A.S. Santa Ynez Services (University of), Halls in Residence, Office of Financial Aid & Scholarships, UCLE, Residential & Community Living, Santa Barbara Student Housing Co-Op, Student Health, A.S. Student Initiated and Recruitment and Retention Committee (SIRCR), UCSC Sustainability, and University Center Dining.