EVERY SATURDAY • FREE FOR ALL

ALL-IN COMMUNITY MEALS

NUTRITIOUS FOOD & DIGNITY FOR ALL

No cost to attend or participate — open to everyone

Free Saturday Nutrition Classes

Saturdays • 11:00–11:45 AM

Hands-on, kid-friendly lessons in healthy eating, food science, and simple cooking. Students learn to build a balanced plate, read food labels, and make healthy choices for life.

- ✓ **Open to students, families & everyone**
- ✓ **Taught by a nutritionist**
- ✓ **Hands-on cooking & food science**

Free Community Meal

Saturdays • 12:00–1:00 PM

Balanced, nutritious, culturally relevant meals for any family or community member facing food or nutrition insecurity.

- ✓ **Stay after class and share a meal**
- ✓ **Served in North Park**
- ✓ **Open to everyone**

10,000+ free nutritious meals served since June 15, 2026

HOW TO JOIN

1. Scan the QR code or visit **scicook.org/programs/all-in**
2. Call or text **619-666-5240** with questions or to sign up
3. Email **official@scicook.org**

WHERE

3725 30th Street, San Diego, CA 92104
Inside St. Luke's Episcopal Church, North Park

SCAN TO SIGN UP

SciCook is a 501(c)(3) nonprofit • Food • Science • Community • www.scicook.org

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