

# Share Your Love of Food and Nutrition!

Passionate about food, cooking, or gardening? RSVP (Retired and Senior Volunteer Program) and Solid Ground's Community Food Education (CFE) team need **YOU** to share your skills and passion with communities in need!

## *RSVP seeks volunteers to be...*

- ▶ Gardeners at Marra Farm's Giving Garden
- ▶ Food bank helpers
- ▶ Produce delivery drivers
- ▶ Virtual class facilitators/tech assistants (*contact us to get on waiting list*)

*CFE Class Assistants help with 6-week classes teaching cooking and nutrition skills to adults and families living on low incomes. Training provided; no professional experience needed.*

**For more information, please contact...**

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