Learn how to cook, take care of your body, and manage your finances while learning about your relationship with the world around you. Try workshops in all four tracks!

All events are free to attend.

**OCTOBER WORKSHOPS**

### OCTOBER 3
- **Stir Fry: Cook with the Seasons**
  - Santa Ynez – Jameson Community Center
  - Presented by UCen Dining

### OCTOBER 10
- **Food for Thought Lunch Series: Mindful Eating**
  - Student Resource Building Multi Purpose Room
  - Presented by Healthy Campus Network and partners

### OCTOBER 17
- **Live Up Your Veggie Dishes: Chinese Style**
  - Bookstore Lobby
  - Presented by Jasmine Lee & FNBS

### OCTOBER 23
- **Home Cooking**
  - Multicultural Center
  - Presented by Office of International Students & Scholars

### OCTOBER 31
- **A.S. Food Bank Mobile Food Distributions**
  - Jameson Community Ctr., Santa Ynez

### OCTOBER 4 & 18
- **SFB Conference Room 1103, 1st Floor**

### OCTOBER 20
- **Growing Groceries**
  - Greenhouse & Garden Project
  - Presented by Greenhouse and Garden Program & Edible Campus Program

### OCTOBER 24
- **Shopping on a Budget**
  - Isla Vista Co-op
  - Presented by Isla Vista Food Co-op

### OCTOBER 12
- **Spice It Up**
  - SRB, 1st Floor Conference Room
  - Presented by Health & Wellness

### OCTOBER 19
- **Cook on Sunday to Feed Your Family All Week**
  - Storke Family Housing – Storke Community Center
  - Presented by UCen Dining

### OCTOBER 25
- **What Can You Cook with CalFresh?**
  - San Nicholas Lawn
  - Presented by FNBS & UCSB CalFresh Team

### OCTOBER 30
- **A.S. Food Bank Open House**
  - A.S. Food Bank
  - Presented by A.S. Food Bank

### OCTOBER 1
- **Home Cooking**
  - Multicultural Center
  - Presented by Office of International Students & Scholars

### OCTOBER 24
- **Ramen 2.0**
  - San Nicholas Formal Lounge
  - Presented by Residential Dining Services Recruitment and Retention Committee

### OCTOBER 26
- **Scrambled Not Longer**
  - Student Resource Building Multi Purpose Room
  - Presented by Health & Wellness

### OCTOBER 25
- **Shopping on a Budget**
  - Isla Vista Co-op
  - Presented by Isla Vista Food Co-op

### OCTOBER 17
- **A.S. Food Bank Open House**
  - A.S. Food Bank
  - Presented by A.S. Food Bank

### OCTOBER 12
- **Food for Thought Lunch Series: Mindful Eating**
  - Student Resource Building Multi Purpose Room
  - Presented by Healthy Campus Network and partners

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- **What Can You Cook with CalFresh?**
  - San Nicholas Lawn
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  - Presented by Isla Vista Food Co-op

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