



2021 Calendar

OKTjustice.org
media@OKTjustice.org

EDUCATE TO ELEVATE *Cook, Eat & Talk*

- 3 p.m. every 3rd Saturday of the Month
- Via ZOOM and Facebook Live @Our Kitchen Table

Are you pregnant, breastfeeding, or the mom of a low-birth weight baby? Are you a mom diagnosed with overweight or obesity? Do you receive SNAP, WIC, or other food assistance? Then you are invited! Join Our Kitchen Table cooking coaches, dietitian and guest chefs for a cooking demo and conversation on you can make easy, healthy, affordable meals for your family.

- Grow a food garden in your window or on your porch.
- Receive vouchers good at the Southeast Area Farmers Market et. Al.
- Learn to maximize SNAP and WIC dollars at grocery stores and farmers markets.
- Receive incentives!



Join at Facebook Live link

or register to get ZOOM link media@OKTjustice.org or text 616-206-3641



PROGRAM FOR GROWTH

In partnership with the Grand Rapids Public Schools, the Program for Growth involves students and their parents/caregivers in food growing and healthy eating activities. Parents and caregivers meet on a weekly basis to tend the school garden, study with a registered dietician, prepare healthy meals, and learn how to grow their own food at their homes. For information, email Media @OKTjustice.org.

Look for additional OKT events and activities on our website, OKTjustice.org and our Facebook pages: [Our Kitchen Table](#) and [Southeast Area Farmers Market](#). If you would like to receive our monthly e-newsletter, contact media@OKTjustice.org.



Saturdays
11 a.m. to 4 p.m.
Jul. 10—Nov. 13
MLK Jr. Park
900 Fuller SE 49506

We warmly welcome:

- Bridge Card/SNAP
- Double Up Food Bucks
- WIC Project Fresh
- Senior Project Fresh
- Cash Value Benefits
- Credit/Debit/Cash
- SEAFM Market Bucks and more!

Masks required. All Market events and activities will adhere to social distancing guidelines in place. Events and activities may be moved to an online or virtual format.



EVENTS 12-2 p.m. at the Market*

July 24 Market Moves Jump-rope, Yoga, Dancercise, Hustle your way to health.

August 21: Greens & Green Tomato Times Tips for growing, cooking, and preserving.

Free cookbooks and greens plants for fall planting.

September 18 Art@the Market Neighborhood artists share your work! No vendor fee.

October 30 Harvest Happening Pumpkin fun and canning workshop.

Pop-up vendor-led markets will take place throughout the market season.

Check the OKTjustice.org website for details.



COLLECTIVE WHOLE FOODS PURCHASE GROUP

Round out your meal planning with whole foods like rice, beans, honey, nuts, peanut butter, popcorn and more. Buy from a small variety offered at the market or order from hundreds of items on a monthly basis. SNAP/EBT accepted! For information, ask the market manager or email SEAFM@OKTjustice.org.



COMMUNITY RESOURCES

The Southeast Area Farmers' Market is proud to host community organizations and agencies who want to share their resources with market patrons. If your organization would like to schedule a day to table at the market, email SEAFM@OKTjustice.org.



OKTjustice.org/farmers-market/



2020 Calendar

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A grass-roots, nonprofit organization serving the communities of greater Grand Rapids, Our Kitchen Table (OKT) seeks to promote social justice and serve as a vehicle that empowers our neighbors so that they can improve their health and environment, and the health and environment of their children, through information, community organizing and advocacy.

WOMEN OF COLOR CONVENINGS

OKT's Women of Color Convenings bring in speakers of color and allies to share important insights on food justice and other justice issues impacting health and wellness that have roots in structural racism.

Feb. 24: Mary Brown

May 18: Alpha Kappa Alpha

Aug. 24: Cook, Eat & Talk TBA

Oct. 19: Cook, Eat & Talk TBA



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