

# Share Your Love of Food & 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...*

- Garden at Solid Ground's Giving Garden at Marra Farm.
- Help at food banks and pantries.
- Assist with cooking and nutrition classes.

*CFE Class Assistants help with 2- to 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:**  
**[rsvp@solid-ground.org](mailto:rsvp@solid-ground.org) or 206.694.6786.**

