



Academy of Nutrition and Dietetics
Academy of Nutrition and Dietetics Foundation

March events

FREE (best suited for ages 5 and older)

Registration required



MEarth edible garden and outdoor pizza experiences

Friday, March 6, 3–5 p.m.
4380 Carmel Valley Road, Carmel



A special lunch in MEarth's beautiful garden classroom

Families will harvest fresh ingredients, make their own pizzas, and cook them in a traditional wood-fired oven. Enjoy a delicious, hands-on experience surrounded by nature and community.

Please arrive on time as this event will start promptly at 3 p.m.



Market tour: Trader Joe's

Tuesday, March 24, 9–10 a.m.
150 10th Street, Marina



Learn how to make healthier choices while shopping

Explore a local Trader Joe's with our team as we discover new foods and creative ways to nourish our bodies.



Market meet-up: Del Monte Shopping Center farmers market

Friday, March 27, 9–10 a.m.
1410 Del Monte Center, Monterey



Fuel your family with local produce

Join us at the farmers market for a guided stroll featuring seasonal produce, tastings, and conversations with local farmers. Enjoy learning, sampling fresh foods, and spending time together as a family and community.

Participants are entered into a raffle to win gift cards and other fun giveaways. Adults must accompany children.

For more information and to register, visit montagehealth.org/familyworkshops.

