



*East End Fitbit Program Present:*

# Exploring Fruits and Vegetables !



Join the East End Fitbit Program with the Greater Pittsburgh Community Food Bank for another fun and exciting workshop to learn All about Fruits and Vegetables! Participants will be able to:

- Pick out ripened fruits and good quality vegetables
- Taste test uncommon fruits and vegetables
- Learn blanching techniques used to store produces



Feel free to bring a guest, your kids, or grandkids to the workshop!

**When: May 27th at 12 PM**

**Where: East End Community Health Center**

**117 N. Negley Ave. Pittsburgh, PA 15206**



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