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**FOR IMMEDIATE RELEASE:**

**The Goodness in Food's Spring Course is Back in Session**

*Food bank's free children's health and nutrition classes are back this March*

**Riverside, CA, February 19, 2025**— Feeding America Riverside | San Bernardino (FARSB) invites parents and children to join the spring session of The Goodness in Food (TGIF) for a free 4-week interactive course designed for Grades 2-5 on health, nutrition, and sustainability. This program features two nutrition and food cycle sessions with FARSB staff, a presentation by a California Baptist University (CBU) guest speaker, and ends with a field trip to Overflow Farms to gain hands-on experience from a master farmer.

"TGIF is one of my favorite programs because it goes beyond providing quick hunger relief—it empowers children and their families with the skills and knowledge to make lasting, healthy choices," said Carolyn Fajardo, CEO of FARSB. "When we invest in building resilient communities, we create real, long-term impact."

Sessions include hands-on lessons where children learn the benefits of growing their own crops, turning food scraps into compost, and quizzes to test what they're knowledge. During the final week, attendees will spend their afternoon at Overflow Farms, learning about locally grown foods and engaging their senses of taste, smell, and touch before taking home fresh produce to enjoy.

TGIF encompasses the food bank's focus on health and nutrition, with interactive presentations on sustainability, healthy snacking choices, and how food fuels the human body. Courses focus on health-snacking options and the food cycle, to inform attendees about agriculture, sustainability, and overall health.

**Program Schedule:**

**Week 1:** FARSB Learning Center, Sat. March 8<sup>th</sup> at 10 AM  
*Gardening & Growth*

**Week 2:** FARSB Learning Center, Sat. March 15<sup>th</sup> at 10 AM  
*Food Waste, Sustainability, and Community*

**Week 3:** FARSB Learning Center, Sat. March 22<sup>nd</sup> at 10 AM  
*CBU Special Guest, Healthy Eating*

**Week 4:** Overflow Farms, Sat. March 29<sup>th</sup> at 2:30 PM  
*Field Trip to Farm*

To learn more about the program or to register please visit: [FeedingIE.org/TGIF](http://FeedingIE.org/TGIF) or contact Program Coordinator, Lloyd Marchan, at [lmarchan@feedingamericaie.org](mailto:lmarchan@feedingamericaie.org).

Photo credit: Feeding America Riverside | San Bernardino

### **About Feeding America Riverside | San Bernardino**

Feeding America Riverside | San Bernardino (FARSB) is leading the fight against hunger in the Inland Empire by providing food access, emergency relief, education, and advocacy to families in Riverside and San Bernardino Counties. FARSB opened in 1980 as Survive Food Bank in response to the increasing concern about the dual problems of hunger and food waste in the Inland Empire. Today, FARSB is the primary food source for over 250 local nonprofit organizations, distributing over 3.1 million pounds of food monthly to emergency food pantries, soup kitchens, high-need elementary schools, senior centers, after-school programs, and more. With the help of these community partners, they make up the largest hunger-relief organization serving Riverside and San Bernardino Counties, ultimately making food security a reality for over one million households every year. Feeding America Riverside | San Bernardino proudly holds the 2024 Guide Star Platinum Seal of Transparency, the highest level of transparency achievable through Guide Star. For more information, visit <http://www.FeedingIE.org>

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