

# I AM WHAT I EAT

AUGUST 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> I Am What I Eat KICKOFF!!!	<b>2</b> Healthy Food Distribution	<b>3</b> Strength for the Journey (Guest Speaker)	<b>4</b> Healthy Food Distribution	<b>5</b> Strength for the Journey (Guest Speaker)	<b>6</b>
<b>7</b>	<b>8</b> SCLO Kids School Shopping	<b>9</b> Healthy Food Distribution	<b>10</b> Strength for the Journey (Guest Speaker)	<b>11</b> I'll Tell You a Story - Posters  Healthy Food Distribution	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b> Healthy Food Distribution	<b>17</b> Strength for the Journey (Guest Speaker)	<b>18</b> Healthy Food Distribution	<b>19</b> Healthy Eating Day (Purple Food)	<b>20</b> Sarasota Farmer's Market (tentative)
<b>21</b>	<b>22</b>	<b>23</b> Healthy Food Distribution	<b>24</b> Strength for the Journey (Guest Speaker)	<b>25</b> Healthy Food Distribution	<b>26</b>	<b>27</b> Visit A Community Garden
<b>28</b>	<b>29</b>	<b>30</b> Healthy Food Distribution	<b>31</b>			

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