

# Nutrition Week

March 23-30, 2026

Celebrate Nutrition Week with the  
Food for Thought Community and Partners!

## Monday, March 23, 11a.m.-1p.m.

Nutrition & Wellness Fair in UHall Atrium

\*FREE fresh produce, lunch, plant potting, and more!

## Wednesday, March 25, 12-1p.m.

Food Lit Workshop: Turn Up The Iron! In SC Atrium

\*FREE lunch!

Calgary Campus: Pop-Up Bodega 10am-5:30pm

\*FREE fresh produce and non-perishables.

## Friday, March 27, 4-6p.m.

Cooking Class: Iron Chef at Interfaith Foodbank Kitchen

Registration required: sign-up @[myexperience.uleth.ca](https://myexperience.uleth.ca) or email  
[foodforthought@uleth.ca](mailto:foodforthought@uleth.ca)

\*FREE dinner!

## Monday, March 30, 10a.m.-12p.m.

Food Lit Workshop: Addressing Food Insecurity Together in MH Atrium

\*Free Brunch!

