



WORKSHOPS MAKE HEALTHY EATING FUN

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The Pick: Kids in the Kitchen events this Saturday and April 28, sponsored by the Junior League of San Diego at the Olivewood Gardens and Learning Center in National City.

Why it rates: These free, recurring Saturday workshops (10 a.m. to 1 p.m.) are a way for youngsters to learn about healthy eating through hands-on cooking demonstrations and gardening activities. The beautiful 6.85-acre Olivewood center is dedicated to garden-based nutrition education for students in underserved communities.

Info: Olivewood Gardens and Learning Center is located at 2525 N Ave., National City. All Kids in the Kitchen events are free and open to all elementary-school-age children and their families. For more information, visit olivewoodgardens.org/education/kids-in-the-kitchen. Reservations are recommended and can be made by emailing kidsinthekitchen@jlsd.org.

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