



FEAST

FOOD • EDUCATION • ACCESS
SUPPORT • TOGETHER

FREE! 16-Week Maternal Nutrition Program



Are you pregnant and looking for support with your nutrition and well-being? Want to learn how to eat well, nourish your body, and connect with other moms-to-be?

Join our program and receive a \$15 grocery gift card each week!

WHEN

Starts in October 2026

LOCATION

Virtual via Zoom

FOR MORE INFORMATION

EMAIL:

programs@feastforall.org

OR scan QR code



ELIGIBILITY:

- RESIDE IN CALIFORNIA
- IDEALLY BETWEEN 12 TO 24 WEEKS PREGNANT



EDUCATION

Nutrition discussions, recipe and cooking demonstrations to make healthy eating satisfying, affordable and delicious.



ACCESS

Free and immediate access to fresh, whole foods in every class.



SUPPORT

A safe space to explore current eating habits and receive group support to create healthier new beginnings with food.

Visit us at www.feastforall.org to learn more.



@feastforall



@feast_for_all