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FOR IMMEDIATE RELEASE:

FARSB Brings Back TGIF this September

Riverside, CA, August 14th, 2025—The Goodness in Food (TGIF) is back for September at Feeding America Riverside | San Bernardino (FARSB). The food bank’s child nutrition course aims to promote healthy eating habits, discuss the importance of gut health, and dive into the food cycle to showcase the effects of healthy habits on your overall health and wellness.

“TGIF aims to build community around nutrition education while empowering families to make healthy eating choices,” said Carolyn Fajardo, CEO of FARSB. “Being able to experience nutrition education at a palatable level, kids learn about health and wellness while being involved with food choices and meal preparation at home,” Fajardo continued.

TGIF is a four-week program that provides hour-long interactive lessons each Saturday in September, designed for children in second to fifth grade. This seasonal program introduces various fruits and vegetables, explores the importance of eating healthy foods to support vital gut health, and provides attendees with hands-on learning activities. Preregistration is required to attend, and attendance is encouraged for all four weeks.

Each week, a new lesson will be taught about food and its relation to our health, with an emphasis on nutrition and health. During the month-long course, kids will get to discover nutritional choices to fuel their bodies by food bank staff and guest speakers from CBU, see a live cooking demonstration by guest chef, Kianna, of the Riverside Free Health Clinic (RFHC), and embark on a field trip to local partner Overflow Farms to harvest produce and experience the food life cycle from plant to plate.

Program Schedule:

Week 1: FARSB Learning Center, 4035 Trail Creek Rd. Riverside, CA, 92505
Saturday, September 6th 9AM – 10AM

Week 2: FARSB Learning Center, 4035 Trail Creek Rd. Riverside, CA, 92505
Saturday, September 13th 9AM – 10AM

Week 3: FARSB Learning Center, 4035 Trail Creek Rd. Riverside, CA, 92505
Saturday, September 20th 9AM – 10AM

Week 4: Overflow Farms, 4850 Jurupa Ave. Riverside, CA 92504
Saturday, September 27th 3PM – 4PM

For more information and to sign up your child for the program, please visit:
<https://www.FeedingAmericaIE.org/TGIF>

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 2025 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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