



eat and live green

Rotary Club of San Pablo

April 27, 2016
12:00 noon

The Astra
2215 Church Lane
San Pablo, California 94806

Presented by the Green Mobile Health Education Kitchen
Jeffrey Smith, Founder, From the Garden to the Table

Agenda

- ❧ Introduction
- ❧ What is From the Garden to the Table and the Green Mobile Health Education Kitchen?
- ❧ What We Should and Should Not Eat
- ❧ The Importance of Physical Activity

Project Sponsors



From the Garden to the Table is organic, green, and sustainable since inception in 1996 and prepares all menu items from organic, local, and sustainable ingredients. The Green Mobile Health Education Kitchen is a project of From the Garden to the Table that promotes and protects property and life by providing healthy and safe cooking alternatives.