

Harvesting for Health: Good Food, Good Move Community Event



Saturday, August 29, 2026 | 9 A.M. - 11:30 A.M.

Neighbors in Need of Services (NINOS Inc.)
22887 TX-345, Rio Hondo, TX 78583

Join Us for a family-friendly event at no cost.

Learn about harvesting and healthy eating habits.
Enjoy fun activities, learning sessions, and live demonstrations.

Event Activities:

- **Harvesting for Health & Seasonal Gardening**
- **Nutrition Education:** Learn about healthy eating with fun, hands-on activities
- **Health Care Application Assistance**
- **Live Cooking Demonstrations:** Watch easy, healthy recipes come to life
- **Grow Your Own Food:** Learn how to grow fruits and vegetables and build healthy eating habits

Families can also get information about nutrition, SNAP, and other health resources.
(Available in English and Spanish)



For more information, call:

Seberiano Lopez, 956-312-0990
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