



"Anyone who likes to eat, can soon learn to cook well" - Jane Grigson

Did you feel like January was months long and February has been flying by? I sure have! EATS has moved and we are now in our new office at 1960 Sidewinder Drive, #208!

We have also been busy bees getting Fork in the Road 2020 ready to go. You all are going to have a bigger blast this year and I am excited to share the event with you. Tickets are now on sale. See below for details.

EATS is launching adult cooking classes in March! We are working on some exciting new offerings around community nutrition education. Stay tuned for the new ways to nourish yourself well and connect to your food.

Last, February is home to my favorite holiday, my birthday! If you want to show me some birthday love (a lady never tells her age) you can make [a donation to EATS](#).

Thank you again for your support and for joining us on our delicious adventure.
Meaghan Miller Gittlin
Executive Director

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Your recipe for the month is [Roasted Brussel sprouts and raisins](#). Did you know **a half cup of Brussel sprouts has 2 g of fiber and 81% of your daily Vitamin C?**

Don't forget to share your recipe pictures and tag [@eatsparkcity](#) on [Instagram](#) and [Facebook](#)

EATS is excited to announce Annalise Bianco has joined our team as Education Coordinator! Annalise is an energetic, self-motivated individual largely interested in nutrition and equal accessibility to fresh, organic food. She is passionate about fostering local food initiatives, using food as medicine, and inspiring others to be aware of where their food comes from.



Fork in the Road tickets are on sale, **NOW!** You don't want to miss Fork in the Road, Behold The Carrot on Saturday, April 18 from 6 - 9:30 pm at Legacy Lodge.

[Get your tickets today!](#)

Thank you to our generous sponsors



[Tickets HERE](#)



EATS staff, board members and supporters share interesting podcasts, radio interviews, and articles with each other. We want to share them with you, too.

Click on the links to redirect to a story or current event you might also find interesting.

[Feb 2020 - New Disney Themed Cooking Show coming to Disney+](#)
Interesting pivot Disney, let's see what you've got. -Meaghan
[Sunday Lunch Saved Jamie Oliver - The Sporkful, a podcast for eaters](#)