

Earth Day Gardening

Snacks & Sprouts Workshop



Spring Cleaning & Gardening

Join us for a fun day of revitalization as we clean-up the church grounds, 5 Loaves Garden and the Co-Op Pantry. We'll plant flowers around the church, clean-up the garden beds to get ready for planting season; and restock the pantry.



Event Details:

Date: Saturday April 23rd

Time: 8:30am – 2:30pm

Workshop: 11am -12noon

Address: 5 Loaves Co-Op
5605 S. Paulina, Chicago

RSVP for Workshop:
jaylaferrill@gmail.com

FUN Fact: Spending Time Outside

Did you know that people who spend more time outdoors report having better overall health and feelings of well-being?

Research has shown that time spent in nature is associated with lower risks of cardiovascular disease, obesity, diabetes, mental distress, and mortality. To receive the best results, all you need to do is be in nature for a cumulative total of 2 hours each week: You could go on a long hike, take several short walks, or simply sit outdoors while eating lunch...no matter how you prefer to get your 2 hours, your body and mind will thank you later!

