



Preserve & Provide: A Hands-On Workshop on Food, Culture, and Community Nourishment

This workshop is geared towards UNM Gallup students and community members interested in learning to prepare and preserve culturally relevant and available foods to promote health and connection. Space is limited to 25 participants so please register ahead or arrive early to secure your spot!

Participants will learn about community resources available, including the food pantry programs and other community partners, then build relationships with other participants over meals and a hands-on food preparation demonstration from folks at Bidii Baby Foods.

Where: Gallup Community Pantry Kitchen, 1130 Hasler Valley Rd, Gallup, NM 87301

- please park on the street, not in the lot!

When: July 21, 2025 10am - 4pm

- Coffee/snacks provided during registration from 10-10:30am.
- Lunch provided 12:15-1pm.
- Please bring a chair for our picnic outside!

Questions? Dr. Eva Stricker
evadr@unm.edu



REGISTER HERE: [HTTPS://FORMS.GLE/7XT5GWROQC5R4MBL7](https://forms.gle/7XT5GWROQC5R4MBL7)