Live Well Grand Cities
July 2026 Newsletter

Happy July!

We hope you're enjoying the sunshine and warm weather. Please check out Live Well Grand Cities' upcoming events this month and learn more by visiting our digital calendar.

Eat Well: Cooking Demonstration - Japanese-style Fried Rice
Wednesday, July 1st from 1-3pm
The Link Community Room (300 Cherry St. in GF)
Join us for a FREE Eat Well cooking class with Chef Kyle where you'll learn how to make Japanese-style Fried Rice (steak & vegetarian options). We'll bring board games for after.

Eat Well: Cooking Demonstration - Ratatouille
Thursday, July 2nd from 6-7pm
Augustana Lutheran (520 University Ave. in GF)
Join us for a FREE Eat Well cooking class with Chef Shilo where you'll learn how to cook ratatouille--something shockingly simple with summertime garden-fresh ingredients.

Eat Well: Cooking Demonstration - Brussels Sprouts Pasta
Friday, July 3rd from 12-1pm
Salvation Army (1600 University Ave. in GF)
Join us for a FREE Eat Well cooking class with Chef Shilo where you'll learn how to make brussels sprouts the feature of your new favorite one-pot pasta dish. We will raffle off one gift card to Hugo's for $10, so don't miss out!

Garden Skill Conversation
Tuesdays, July 7th, 14th, 21st, & 28th from 6:30-8pm
GF Community Gardens (2320 N Washington St. in GF)
Every Tuesday, throughout summer, we'll meet for an hour and a half in the community garden plot for: drop-in "office hours" with a gardener, showing you hands-on how to tend the learning garden and why we use certain methods on which plants. All produce will be donated to neighbors in need. All ages welcome!

Please wear comfortable shoes that you don't mind getting dirty. If possible, please bring a water bottle and gloves. We will try to provide these items for those who do not have them, but supplies are very limited. If you'd like to donate supplies or funds to this effort, please reach out directly to Shilo by replying to this email.

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FRC Parent-led Group: Kitchen Tool Maintenance

Thursday, July 9th from 12-1pm
EGF Family Resource Center (1505 Central Ave. NW in EGF)
Come get the scoop on how to care for your kitchen tools and appliances, and let's chat together about how to involve your whole household in building these skills.

DarnIT! Greater Grand Forks Mending Club & Fundraiser

Friday, July 10th from 4-8pm
Panera Bread (2515 32nd Ave. S in GF)
Join us anytime to participate in our mending club and support LWGC's programs, including our community mending club initiative, by enjoying a delicious meal at Panera.
Panera will donate 30% of qualifying sales from 4-8pm to our effort if you SHOW THE EVENT FLYER at the checkout counter WHEN YOU PLACE YOUR ORDER or use the promo code FUND4U for drive-thru, pick-up, and delivery orders.

At July's mending club, a volunteer has agreed to help out with minor bicycle maintenance and repair. We will continue to have kitchen tool maintenance and sewing supplies available, as well.

Town Square Farmers Market: Cooking Demonstration - Tzatziki

Saturday, July 11th from 11-11:30am & 11:30-12pm
Town Square Farmers Market (1 S 3rd St. in GF)
Join us for a FREE cooking demo at the Town Square Farmers Market where you'll learn how to make tzatziki sauce with farm-fresh cucumbers (regular & dairy-free options). Plus, enjoy the market!

Eat Well: Cooking Demonstration - Garden Salad & Fresh Dressing

Tuesday, July 14th from 6-7pm
Vintage Greens (1029 N 5th St. in GF)
Join us for a FREE Eat Well cooking class with Chef Shilo where you'll learn how to make a garden salad, fresh-made dressing, quick-pickled onions, and all locally-grown right in the charitable garden at Vintage Greens. This cute, local business has a nice ramp at their front entrance and sells fresh-cut flowers, local art, and more goodies. Come check it out!

Cooking Class at Christus Rex featuring cuisines from the UND International Student Center - Sopa de Mani

Friday, July 31st from 5-7pm
Christus Rex Campus Center (3012 University Ave. in GF)

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Join us for a FREE cooking class and learn how to make sopa de mani--a rich, creamy, and deeply comforting Bolivian peanut soup. Park for free in the lot behind Christus Rex.