

# 2021 BMC SUMMER CHALLENGE

## FOOD • FARM • FITNESS

Take classes, earn points, and win prizes with The Teaching Kitchen!

Over 10 weeks, the BMC Summer Challenge will give you the opportunity to get outside, move your body and enjoy farm fresh recipes. And, by participating, you can earn points and WIN PRIZES!

- Attend a [live Zoom class](#) (**3 points**)
- Can't make class? Watch the [class recording](#) (**2 points**)
- Do the [weekly challenge](#) (**1 point**)
- [Post a picture](#) to social media with #BMCSummerChallenge (**1 point**)



**20 POINTS**  
DIGITAL COOKBOOK!



**30 POINTS**  
BOX OF PRODUCE!



**40 POINTS**  
BMC SWAG!



**50+ POINTS**  
JAR OF BMC HONEY!

WEEK	WEEKLY CHALLENGE Any time during the week!	FARM TO TABLE Wednesdays 5-6pm	FITNESS FRIDAYS Fridays 12-1pm
1: JUNE 6-12	Plant seeds! (provided by BMC)	Spicy, crunchy, chicken burgers with Yogurt sauce. Sign up <a href="#">HERE</a>	No equipment, all levels welcome! Sign up <a href="#">HERE</a>
2: JUNE 13-19	Make fruit ice cream.	Chickpea flour crust pizza with Pesto. Sign up <a href="#">HERE</a>	No equipment, all levels welcome! Sign up <a href="#">HERE</a>
3: JUNE 20-26	Nature walk!	Larb Gai (Thai turkey salad). Sign up <a href="#">HERE</a>	No equipment, all levels welcome! Sign up <a href="#">HERE</a>
4: JUNE 27-JULY 3	Attend virtual planting workshop.	Summer Sides: <a href="#">RWB Salad</a> , Coleslaw and Creamy lemon herb yogurt dip. Sign up <a href="#">HERE</a>	No equipment, all levels welcome! Sign up <a href="#">HERE</a>
5: JULY 4-10	Make <a href="#">Red</a> , White, and <a href="#">Blue</a> Salad.	Lentil tacos with Cilantro lime dressing. Sign up <a href="#">HERE</a>	No equipment, all levels welcome! Sign up <a href="#">HERE</a>
6: JULY 11-17	Sports!	Broiled fish with Jollof Rice. Sign up <a href="#">HERE</a>	No equipment, all levels welcome! Sign up <a href="#">HERE</a>
7: JULY 18-24	Replant green onions and more!	No noodle, no over lasagna. Sign up <a href="#">HERE</a>	No equipment, all levels welcome! Sign up <a href="#">HERE</a>
8: JULY 25-31	Make your own salad dressing.	Spicy pan-fried noodles. Sign up <a href="#">HERE</a>	No equipment, all levels welcome! Sign up <a href="#">HERE</a>
9: AUGUST 1-7	Dance!	Chiles Rellenos. Sign up <a href="#">HERE</a>	No equipment, all levels welcome! Sign up <a href="#">HERE</a>
10: AUGUST 8-14	You choose: a cooking, gardening or fitness activity.	Bibimbap. Sign up <a href="#">HERE</a>	No equipment, all levels welcome! Sign up <a href="#">HERE</a>

**To join the Challenge, head to our website:**

[www.bmc.org/nourishing-our-community/teaching-kitchen/classes](http://www.bmc.org/nourishing-our-community/teaching-kitchen/classes)

By signing up, you will get the details of each weekly challenge and we will keep track of your points and notify you when you have earned enough points for a prize