

JANUARY

Nutrition and Cooking Classes



1/7

9:30 am - 10:30 am

Diabetes 101

Julie Barlow, MAS, BSN, RN will be breaking down the basics of diabetes in this beginner friendly class. We'll talk about what diabetes is, how food, movement, stress affect blood sugar and share tips you can start doing right away.



PRODUCE
PICK-UP DAY
9:30-11:30am

1/8

6 pm - 7 pm

Zoom Class- Diabetes 101

Julie Barlow, MAS, BSN, RN will be breaking down the basics of diabetes in this beginner friendly class. We'll talk about what diabetes is, how food, movement, stress affect blood sugar and share tips you can start doing right away.

Scan the code to join! ➡



1/21

9:30am - 10:30am

Cooking with Color

In this demo, Chef Ashley Jackson will teach us to prepare a quick, budget friendly, seasonal meal and we'll talk about cooking with a variety of colors to add flavor, nutrients and balance to everyday meals.



PRODUCE
PICK-UP DAY
9:30-11:30am

1/22

6pm - 7pm

Virtual Cooking Demo

Our first ever live virtual cooking class! Join us and Chef Chad Cherry while we cook up a simple, seasonal and diabetes friendly dish! You'll watch us cook in real time and get to ask questions about swaps and cooking tips! Scan to join! ➡



All in-person classes are held at the **Food Bank of Eastern Oklahoma** located at **1304 N Kenosha Ave, Tulsa, OK, 74106**.
For more info, contact Kiandra at 918.212.4693 or kiandra@freshrxok.org.

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