

APRIL

Nutrition and Cooking Classes



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

4/1

Meal Prep as Self Care 9:30 am - 10:30 am

Discover how meal prepping can be a powerful form of self-care that saves time, reduces stress and supports healthy eating habits. Chef Latoya Larkin will share tips for meal planning and prepping ingredients. This class will be in person and live streamed to Zoom. Scan the QR code to join virtually! →



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

4/15

Tabletop Gardening 9:30am - 10:30am

Learn simple ways to grow fresh food right from your kitchen using everyday scraps. Travis Andrews from Native Farming Solutions will share tips and tricks for regrowing veggies, starting microgreens and growing food in small spaces. This class will be in person, but available virtually at the same time. Scan to join!



4/29

Eating Healthy on a Budget 9:30am - 10:30am

Eating healthy doesn't have to be expensive. In this class, we'll explore smart strategies for shopping, meal planning and cooking nutritious meals while sticking to a budget. Learn how to stretch your grocery dollars while still enjoying balanced and flavorful meals.



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

4/30

Eating Healthy on a Budget 6pm - 7pm

Eating healthy doesn't have to be expensive. In this class, we'll explore smart strategies for shopping, meal planning and cooking nutritious meals while sticking to a budget. Learn how to stretch your grocery dollars while still enjoying balanced and flavorful meals. Scan the QR code to join virtually! →



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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www.freshrxok.org

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