

OCTOBER

Nutrition and Cooking Classes



10/14

9:30 am - 10:30 am

A1c Testing Day

Healthy Holiday Habits

Join Registered Dietitian Krystal Dunham for practical tips to help you enjoy the holidays while supporting your health goals. We'll talk about balanced choices, mindful eating, and simple swaps—plus enjoy a few tasty samples!



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

10/15

6 pm - 7 pm

Scan the code to join! →

Healthy During the Holidays (Virtual)

The holidays can be busy, but your health goals don't have to disappear! Join Kiandra Call for a practical conversation about staying consistent, finding balance, and enjoying your favorite traditions without an all-or-nothing mindset.



10/28

9:30am - 10:30am

Holiday Favorites made Healthy

Join local Chef Tiffany Braxton as she puts a healthier spin on a holiday favorite! Learn simple cooking techniques and ingredient swaps you can use to bring more nutrition to your holiday table without giving up the foods you love.



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

10/29

6pm - 7pm

Holiday Favorites made Healthy (Virtual)

Cook along with Chef Tiffany Braxton as she gives a holiday favorite a healthier twist! Learn simple swaps and cooking tips you can use at home while still keeping the flavor and traditions you love. Scan the QR code 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.

FRESH
OKLAHOMA
www.freshrxok.org

Scan the QR code
to see our content on YouTube.
Subscribe to be notified when a
new class is uploaded!

