

FEBRUARY

Nutrition and Cooking Classes



2/7

9:30 am - 10:30 am

Heart Health

Julie Barlow, RN will be teaching us about Heart Health, risk prevention, signs to look for and how incorporating lifestyle changes can greatly benefit your cardiac health.



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

2/11

6 pm - 7 pm

Heart Health- Zoom Class

Julie Barlow, RN will be teaching us about Heart Health, risk prevention, signs to look for and how incorporating lifestyle changes can greatly benefit your cardiac health. Click the QR code for the Zoom link.



2/19

9:30 am - 10:15 am | 10:30 am - 11:15 am

Heart Healthy Hummus

Nutrition Educator, Kiandra will be teaching us to make a savory hummus and chocolate hummus sweetened with Stevia. These are great for snacking and help support your heart health.



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

2/27

6 pm - 7 pm

Shakshuka with a Healthy Spin

Join Nutritionist and Chef, Jasmine Daviston for a delicious healthy Shakshuka with turkey sausage and French bread. Scan the code to register.



All in-person classes are held at the **North Tulsa Health Department at 5635 MLK Jr. Blvd, Tulsa, OK, 74126.**
For more info, contact Kiandra at 918.928.8227 or kiandra@freshrxok.org.



SEPTEMBER

Nutrition and Cooking Classes



9/3

9:30 am - 10:30 am

A1c Testing Day!!!

Cutting the Salt & Cooking with Herbs

Learn how to season food with flavor, not sodium! Together we'll create a few simple herb blends and explore how making your own spice mixes can be healthier, fresher, and more affordable than store-bought.



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

9/4

6 pm - 7 pm

Spot The Pattern- Diabetes & Lifestyle

Together, we'll look at real-life examples to uncover how daily habits impact diabetes risk & blood sugar management. You'll build problem-solving skills that make it easier to connect the dots in your own health journey.



9/17

9:30 am - 10:15 am

Mental Wellness w/ Skillz on Wheelz

Take a break and recharge! Skillz on Wheelz will guide hands-on activities and simple strategies to boost mood, manage stress, and keep your mental health rolling strong.



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

9/18

6 pm - 7 pm

Zoom Class- Mental Wellness

Join us online as Skillz on Wheelz shares practical tools and uplifting strategies to reduce stress, build resilience, and support your mental well-being—right from your screen.



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DECEMBER

Nutrition and Cooking Classes



12/5

6pm - 7pm

Zoom Class- Mindful Meal Planning

Nutrition Educator, Kiandra Call will be sharing how to plan and prepare healthy, low carb meals and snacks for the week! We will also sharing ways to help your produce last longer and some meal prep tips and tricks.



12/11

Demo 1 9:30am-10:15am

Demo 2 10:30am-11:15am

Holiday Treats-No Bake Cookies

Holidays got you craving sweets? Don't worry! Together we will be making a no bake, sugar free cookie that's sure to satisfy your cravings and not cause a spike in blood sugar.



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

12/12

6 pm - 7 pm

Slow Simmered Nutrition

Join us as we prepare a hearty Chicken or Turkey Chili paired with classic cornbread—perfect for festive gatherings or a comforting winter meal. Watch, learn and take home tips to make these holiday favorites yourself!



12/20

9:30am-10:30am

Mindful Meal Planning

Nutrition Educator, Kiandra Call will be sharing how to plan and prepare healthy, low carb meals and snacks for the week! We will also sharing ways to help your produce last longer and some meal prep tips and tricks.



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

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MAY

Nutrition and Cooking Classes



5/8

6pm - 7pm

Cooking Demonstration

Nutritionist and Chef, Jasmine Daviston will be making a delicious Salmon Hummus plate with Roasted Veggies & A Mediterranean Cucumber Tomato Salad with pita. Must register online, scan QR code to reserve your seat!



5/14

9:30 am- 10:30 am

Healthy Coping & Mental Health

Ebony Skills, LPC-S with Skillz On Wheelz will be teaching the importance of having healthy coping skills to deal with stress and help improve mental health and your overall wellbeing. She will also be sharing community based resources.



5/22

6 pm - 7 pm

Zoom Class-Eating Healthy on a Budget

In this Zoom class we will be sharing some tips and tricks for meal planning & prep! We'll share how you can reach your personal health goals while sticking to a budget.



5/28

9:30am-10:30am

A1c Testing Day!!

Cooking Demonstration - Mocktails

Nutrition Educator, Kiandra Call will be sharing how to make healthy and tasty mocktails to stay hydrated during the summer! We will talk all things hydration and reducing risks by drinking these delicious and sugar free drinks.



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JUNE

Nutrition and Cooking Classes



6/5

6pm - 7pm

Gut Health

Learn how your gut impacts everything from digestion to immune function! We'll explore fiber-rich foods, fermented favorites, and how to nourish your microbiome in simple, budget-friendly ways.



A1c Testing Day!!

6/11

9:30 am- 10:30 am

Growing Sweet Potatoes

From garden to plate—discover how to grow, harvest, and store sweet potatoes at home. This hands-on class includes tips for using the whole plant (yes, even the leaves!) in healthy meals.



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

6/19

6 pm - 7 pm

Smart Swaps

Small changes, big impact! This class shows you how to make easy, diabetes-friendly swaps in everyday meals—without giving up flavor. Think better-for-you versions of your go-to favorites.



6/25

9:30am-10:30am

Chair Yoga with Natalie

Move your body, calm your mind. Chair yoga is a gentle, accessible way to stretch, build strength, and improve balance—no experience (or yoga mat) needed!



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