

FREE

Cooking Demonstrations

Eating healthy is easier than you think. Come learn new recipes and techniques for preparing delicious meals.

All demonstrations include free samples and recipe cards to take home.

Demonstrations are held at 6pm at the Tulsa Health Department's North Regional Health and Wellness Center located at **5635 N. Martin Luther King Jr. Blvd.** and can be viewed live on the Tulsa Health Department's Facebook page.

Seating is limited so registration is required. To register, please visit www.tulsa-health.org/free-cooking-demos or call **918.595.4419**. Registration opens on the first of each month.

January 9
Soups!

January 23
Using Quinoa
and Chia

February 13
Heart Health

February 27
Breakfast for Dinner

March 12
Instant Pot: Dried
Beans

March 26 *cancelled*
Utilizing Frozen Veggies

April 9 *cancelled*
Diabetes

April 23 *cancelled*
Quick Breads with
Whole Grains

May 14
Spring Vegetables

May 28
Grilling

June 11
Hearty Salads

July 9
Picnic Favorites

August 13
Back-to-School
Lunch Ideas

September 10
Cooking Dairy Free

September 24
Pumpkin!

October 8
Diabetic Cooking

October 22
Feeding Infants and
Toddlers

November 12
Thanksgiving

December 10
Holiday Favorites