

Alternative Pasta Series

with Jenn Snow

Jenn Snow with Junebug Catering is passionate about traditional foods and culture. She believes that when we talk about bringing culture back, language back, land back we should also bring food back. One of the most important aspects of our health is what we eat. Traditionally, we didn't eat fried foods, processed foods or refined sugars. Jenn firmly believes that if we incorporate traditional foods and cooking techniques into our regular diets, we can reverse health issues such as heart disease or diabetes.



Classes Open to Patients, Health Staff, and Community Walking Program Members

Only 15 spots available per class—**reserve yours now!**

MAY 4

11:00 am and 1:00 pm

Okemah Clinic
Demonstration Kitchen

Diabetes Department
Wellness Center
1800 E. Coplin Rd
Okemah, OK 74859

MAY 5

11:00 am and 1:00 pm

PRC (Okmulgee)
Octagon Room

Physical Rehabilitation Center
900 E Airport Rd
Okmulgee, OK 74447

MAY 18

11:00 am and 1:00 pm

Eufaula Clinic
Demonstration Kitchen

Diabetes Department
500 Eunice Burns Rd
Eufaula, OK 74432

MAY 26

11:00 am and 1:00 pm

Koweta Clinic
Demonstration Kitchen

Diabetes Department
31870 E. Hwy 51
Coweta, OK 74429

What You'll Learn

- ▶ How to prepare spaghetti squash (microwave & oven methods)
- ▶ How to make fresh zucchini noodles (zoodles)
- ▶ Simple, low-sugar pasta sauce from scratch
- ▶ Healthy toppings and veggie-packed pasta dishes
- ▶ Easy homemade dressings and sauces

Scan the QR code to reserve your spot

