

Easy Flavored Waters & Healthy Fruit Salads

Presented by Oklahoma Cooperative Extension Service
& Creek County Literacy Program

Live Cooking Demonstration
provides easy, healthy recipes

Refreshing Flavored Waters
Fruit Salad • Summer Fruit Salsa

Good hydration can help
concentration and productivity

Fruits provide important
nutrition for a healthy body

Most fruits are naturally low in
fat, calories and sodium



Tuesday, May 26 • 5:30pm

This free event is a health literacy outreach project of Creek County Literacy Program, the Oklahoma Department of Libraries, with funding provided by the Library Services and Technology Act (LSTA) and the Institute of Museum and Library Services.



Creek County Literacy Program | Library Annex

15 N Poplar St | Sapulpa, OK 74066 | creekliteracy.org

For more information and to RSVP for this free workshop, call 918-224-9647