



Healthy Chickasaw Snacks June 20th from 3:00 to 4:30



The Chickasaw Immersion class will be learning Chickasaw words related to foods as they participate in a fun afternoon at the Chickasaw Nation Nutrition Services Get Fresh Demonstration kitchen located in the Chickasaw Nation Wellness Center. Neva Harjochee will be demonstrating how to create a healthy snack for the children as fluent speaker Vera Tims teaches the children the Chickasaw words for the foods they are preparing. The children will be able to follow along with the preparation of their own snack at the preparation stations in the room.

Parents or other adults are encouraged to attend this event with their child.

