Muskogee SDA cooks up interest in Healthy Eating

The Muskogee SDA Health & Temperance ministry teamed up with the Muskogee Public Library to offer a “hands on” Bread Making class on March 22nd. The library posted an online registration offering the bread making class, and within 48 hours there were over 15 people signed up. A total of 21 persons attended the class.

Each participant chose a partner. Then instruction began as to ingredients and process of making wholesome, nutritional bread from scratch. With each step, the partners were able to mix the ingredients together, making enough dough for two loaves. There were many smiles and laughter as all had fun working with each other. At the end of the evening each student took their very own loaf of bread home to be baked.

While waiting for the dough to rise, Ken Adams, a physician’s assistant was able to speak to the group on the importance of healthy cooking and the effect it has on our overall health. This led many to ask questions about our church beliefs and lifestyle.

Jeremy Jones, Library Assistant, stated that patrons of the library are very much interested in “hands on” classes, something that is less common at the library. Jeremy, as well as the participants, seemed very pleased with the class. Before everyone left, we had several sign up for a future cooking class, and the plans to offer it at the library were talked about as we cleaned up.

That brings us to May 3rd. This is when the follow-up Healthy Cooking Class was held. The library provided a bigger room so we could demonstrate recipes and accommodate the bigger registration. We had a total of 27 participants.

We had 4 different presenters demonstrate how to mix their recipe, describe ingredients and where to shop for specific items, as well as answer questions that were asked. Recipes such as unsausage, mock tuna, apple pie, tofu scrambled eggs, eggplant casserole, oatmeal pancakes were not only presented, but each person was given a plate with samples of each item demonstrated so they could taste how good healthy cooking can be.

In between demonstrations, door prizes were given out. Everyone loves getting something for free! At the beginning of the evening Rudy Juarez, a retired Pastor, gave his testimony of how he was diagnosed with diabetes. He and wife, Mary, went to a lifestyle center and was taught healthy living. Rudy explained how he was able to loose weight and reverse his diabetes by following God’s health laws and changing to a lifestyle that went along with those laws. Clearly a miracle that God gives us through His instruction on health and living.

We had several participants that signed up for Bible studies. We are currently starting personal Bible studies, Bible studies by DVDs and a small group Bible study. God has blessed in the efforts put forth.

Kathy Jones
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