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Eat Better: Food is Medicine Program

The Arkansas Children's Pediatric Integrative Health Clinic is bringing the power of healthy cooking and nutrition directly to families!

Join Dr. Pele Yu and Chef Alicia Watson from Vito and Vera for a FREE session and learn how to cook, shop and eat in ways that support healing, resilience and long-term well-being.



Program Overview

Through hands-on Cook-Alongs and Workshops, families will learn cooking skills and grocery budgeting, enjoy tastings, take home ingredients and access community resources, including SNAP enrollment.

This FREE program is in partnership with the Central Arkansas Library System's Be Mighty Program, the Arkansas Hunger Relief Alliance and Vito and Vera.

Classes are FREE!
Families Must
RSVP to Attend



Class Schedule

Weeknight Classes from 6 p.m. - 7 p.m.

Thursday, October 2nd

Children's Library, 4800 W 10th St, Little Rock, AR 72204

Thursday, November 18th

Williams Library, 1800 S Chester St, Little Rock, AR 72206

Tuesday, December 16th

Thompson Library, 38 Rahling Cir, Little Rock, AR 72223

Monday, January 26, 2026

Dee Brown Library, 6325 Baseline Rd, Little Rock, AR 72209

Saturday Class from 2 p.m. - 3 p.m.

Saturday, January 10, 2026

Main Library, 401 President Clinton Ave, Little Rock, AR 72201



CONTACT INFORMATION

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www.archildrens.org/integrative-health