

# DINNER MAKES A DIFFERENCE LEARNING CIRCLE



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TO JOIN THE SCF  
LEARNING CIRCLE.

## Cervical Health Awareness Month

Join Southcentral Foundation Health Education and learn how increasing folate-rich food can lower the risk of developing cervical cancer. Contact SCF Health Education at (907) 729-2689 to learn more.

Friday, Jan. 8

### Folate-Rich Food

Learn the difference between folate and folic acid.

Recipes featured: Greens and Black-Eyed Peas

Friday, Jan. 15

### Momma and Baby

Learn how folate-rich food affects mothers and babies.

Recipes featured: Asparagus Mushroom Gruyere Frittata

Friday, Jan. 22

### Homemade Vegetable Stock

Learn the benefits using cruciferous vegetables.

Recipes featured: Cruciferous and Cheese

Friday, Jan. 29

### Benefits of Beets

Learn the benefits of including beets in your diet.

Recipes featured: Red Beet Risotto