

DINNER MAKES A DIFFERENCE LEARNING CIRCLE



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CODE TO JOIN!

Fridays 11 - 12 p.m. via Zoom
Meeting ID: 926 3324 7356
Password: HealthEd!!

Spring into Healthy Habits

Join Southcentral Foundation Health Education and learn ways to incorporate locally grown vegetables into your diet to keep blood sugars low. Contact SCF Health Education at (907) 729-2689 to learn more.

Friday, April 2

Locally Grown Vegetables

Learn about spring vegetables that are available locally.

Recipes featured: Curried Vegetables

Friday, April 9

Prevent Blood Sugar Spikes

Incorporate healthy lunch items to prevent blood sugar spikes.

Recipe featured: Low Carb Lemon Chicken Soup

Friday, April 16

Vegetables on the Go

Master healthy ways to include vegetables on the go.

Recipe featured: Vegetable Breakfast Burrito

Friday, April 23

Healthy Spring Meals

Incorporate oils for a healthy spring meal.

Recipes featured: Zucchini Fritters

Friday, April 30

Substitute Recipes

Learn how to make diabetic friendly rice that is low in carbohydrates.

Recipes featured: Cauliflower Chicken and Shrimp Fried Rice