



# 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: HealthEd1!

## Eat Fresh and Clean with Spring Vegetables

Join Southcentral Foundation Health Education while we learn and explore ways to include healthy spring foods into our diets. Contact SCF Health Education at (907) 729-2689 to learn more.

Friday, May 7

### Homemade Dressing

Store bought versus homemade salad dressing.

Recipes featured: Ranch Arugula Pasta Salad

Friday, May 14

### Using Spring Vegetables

Learn easy ways to make salads  
for your busy family lifestyle.

Recipes featured: Apple Salad with Figs and Almonds

Friday, May 21

### Roasting Peppers

Incorporate nutrient packed peppers into your diet.

Recipes featured: Roasted Red Pepper Bisque

Friday, May 28

### Benefits of Whole Grain

Introduce healthy alternatives to your family.

Recipes featured: Blueberry Avocado Quinoa Salad