



# DINNER MAKES A DIFFERENCE

## LEARNING CIRCLE



**SCAN THIS QR  
CODE TO JOIN!**

Friday noon - 1 p.m.  
via Zoom

Meeting ID: 926 3324 7356  
Password: HealthEd!!

## Healthy Summer Time Snacks

Join Southcentral Foundation Health Education while we learn  
and explore ways to include healthy summer foods into our diets.

Contact SCF Health Education at (907) 729-2689 to learn more.

**Friday, June 4**

### Benefits of Broccoli

Learn the benefits of broccoli and how to  
include them in your daily life.

Recipe featured: Broccoli Grape Salad

**Friday, June 11**

### Snack Time

Learn how to make a nutrient packed snack.

Recipes featured: Roasted Beans and Green Snack Mix

**Friday, June 18**

### Black Bean Benefits

Incorporate black beans in your diet.

Recipe featured: Spicy Black Bean Burgers

**Friday, June 25**

### Benefits of Beans and Legumes

Understand how beans and legumes  
can improve your health.

Recipe featured: Slow Cooker Turkey Chilli