

# DINNER MAKES A DIFFERENCE LEARNING CIRCLE



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CODE TO JOIN!

Friday noon - 1 p.m.  
via Zoom

Meeting ID: 926 3324 7356

Password: HealthEd!

## Berry Delicious Meals and Harvesting

Berry picking is a long-standing Alaskan tradition and the abundant and nutrition packed blueberry is one of our favorites! Join Southcentral Foundation Health Education to learn new easy ways to incorporate Alaska's wild berries in your meals.

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

Friday, August 6

### Blueberry Grain Bowl

Learn all about blueberry nutrition and ways to incorporate them in your diet.

Friday, August 13

### Corn and Zucchini Chowder

Learn to make quick and easy meals for your family during harvest season.

Friday, August 20

### Blueberry Lemon Muffins

Teach your kids about Alaska's wild berries by cooking with them.

Friday, August 27

### Cioppino with Crusty Bread

Learn to make fisherman's stew and more about subsistence traditions in Alaska.