

# 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!!

## Refreshing Meals to Beat the Heat

Join Southcentral Foundation Health Education to get the most out of your meals this summer. From learning what is in season, to outdoor cooking, this learning circle has you covered.

Families with children of all ages are welcome.

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

Friday, July 2

### Grilled Kebabs

Learn how to prepare, grill, and serve fresh veggies, the perfect healthy meal for summer.

Friday, July 9

### Smoked Salmon Pita Pockets

Leftover summer meals made easy. Meal prep and on-the-go snack ideas.

Friday, July 16

### Spinach Artichoke Chicken Pasta

Prepare an easy, health-conscious, one-pan pasta the whole family can enjoy.

Friday, July 23

### Crunchy Broccoli Walnut Salad

Learn what's in season during Alaska's summer months.

Friday, July 30

### Thai Chicken Lettuce Wraps

Beat the summer heat by cooking a refreshing meal outdoors.