



DINNER MAKES A DIFFERENCE

LEARNING CIRCLE



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CODE TO JOIN!

Fridays noon-1 p.m.
via Zoom

Meeting ID: 926 3324 7356

Password: HealthEd!!

Explore Nutritious Foods and Their Benefits

Healthy foods come in all shapes and sizes. Learn how to prepare them for your next family meal. Customer-owners of all ages are encouraged to join.

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

Friday, July 7

Tomato Basil Soup

All about tomatoes

Friday, July 14

Summer Panzanella

July produce in season

Friday, July 21

**Grilled Corn Salad with Avocado, Goat Cheese,
and Hot Honey Vinaigrette**

Grilling corn

Friday, July 28

**Grilled Salmon Tacos with Strawberry
Avocado Salsa**

Fresh salmon recipes