

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!

Add a Healthy Twist to Family Meals

This month, we will learn how to get creative and add a healthy twist to meals. Family members of all ages are encouraged to join us as we share recipes, learn cooking skills, and nutritional information. Contact SCF Health Education at (907) 729-2689 to learn more.

Friday, May 6

Vegetable, Rice, and Cranberry Salad

Learn how nutrition enhances your heart health.

Friday, May 20

Crispy Avocado Tacos

Learn to get creative with flavors and textures.

Friday, May 13

Black Bean Meatballs with Spaghetti Squash and Marinara

Learn how to incorporate alternative protein options.

Friday, May 27

Nut Butter Toast

Learn how to use nuts and grains as an alternative protein source.

