

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!

Eating for Optical Health

This month, we will learn about the benefits of whole foods and Omega-3 fatty acids. Family members of all ages are encouraged to join us as we share recipes for healthy meals. Contact SCF Health Education at (907) 729-2689 to learn more.

Friday, July 1

Halibut Tacos

Nutrition for Eye Health

Friday, July 8

Vegan Dirty Rice and Collard Greens

Healthy Southern Whole Foods

Friday, July 15

Sriracha Honey Sesame Salmon

Eating Seafood for Omega-3s

Friday, July 22

Kale Chips

The Benefits of Leafy Greens

Friday, July 29

Spinach Smoothie

Incorporating Omega-3 Rich Ingredients