

# 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 at home. Customer-owners of all ages are encouraged to join us.

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

**Friday, Sept. 2**

**Chunky Monkey Zucchini Banana Muffins**

National Food Safety Month

**Friday, Sept. 16**

**Instant Pot Red Lentil Soup**

Folate-Rich Foods and Benefits

**Friday, Sept. 9**

**Curry Roasted Cauliflower Sweet**

**Potato Salad**

Aging and Staying Healthy

**Friday, Sept. 23**

**Carrot Cake Muffins with Cream**

**Cheese Glaze**

Cholesterol Cutting Alternatives