

DINNER MAKES A DIFFERENCE LEARNING CIRCLE



SCAN THIS QR
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, Dec. 2

Cucumber Cups with Creamy Salmon Whip

Low-fat Appetizers

Friday, Dec. 16

Pomegranate Walnut Quinoa Salad

Whole Grain Side Dishes

Friday, Dec. 9

Light Scalloped Potatoes with Roasted Chiles

Lower-fat Side Dishes

Friday, Dec. 23

Holiday

Friday, Dec. 30

No class