

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, Jan. 6

Chili Mac and Cheese

Iodine and choline food sources

Friday, Jan. 20

Three Sisters Soup with Reindeer Sausage

Cervical health foods

Friday, Jan. 13

**Chili Garlic Stir Fried Brussels Sprouts
with Asparagus**

Folate food sources

Friday, Jan. 27

Instant Pot Split Pea and Ham Soup

Comforting winter soups