



DINNER MAKES A DIFFERENCE

LEARNING CIRCLE

Explore Nutritious Foods and Their Benefits

Healthy foods come in all shapes and sizes. Join health educators Fridays in the Learning Kitchen located on the first floor of the Anchorage Native Primary Care Center from noon to 1 p.m. Customer-owners of all ages are encouraged to join. Contact Southcentral Foundation Health Education at (907) 729-2689 to learn more.

Friday, Jan. 5

Gazpacho
Benefits of Folic Acids

Friday, Jan. 12

Mediterranean Quinoa Salad
Benefits of a Mediterranean Diet

Friday, Jan. 19

Sweet Potato Corn Chowder
Cancer Prevention Foods

Friday, Jan. 26

Eggplant Parmesan
All About Eggplants