



DINNER MAKES A DIFFERENCE

LEARNING CIRCLE

Explore Nutritious Foods and Their Benefits

Healthy foods come in all shapes and sizes. Join health educators on 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, Feb. 2

Cajun Salmon with Greek Yogurt Remoulade
Benefits of Salmon and Greek Yogurt

Friday, Feb. 9

Hearty Tomato Soup
Heart Healthy Recipes

Friday, Feb. 16

Healthy Carrot Cake Muffins with Cream Cheese
Lower- Fat Baking

Friday, Feb. 23

Turkey and Butternut Squash Chili
All About Butternut Squash