DINNER MAKES A DIFFERENCE

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

Friday, April 5 Sweet and Sour Pineapple Broccoli Chicken Stir Fry 30 Minute Meals

> Friday, April 12 Smoked Black Cod Stew with Potatoes

Black Cod and Spring Produce

Friday, April 19 Albondigas Heart Healthy Soups

Friday, April 26 Spring Salad Seasonal Produce

Join health educators on the last Wednesday of the month for Dinner Makes A Difference specialty cooking classes in the Learning Kitchen from noon to 1:30 p.m. Contact Health Education to register.



Health Education | (907) 729-2689 | southcentralfoundation.com