

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, May 3

Sweet and Spicy Curry Hummus
Healthy Dips

Friday, May 10

Rockfish Parchment Packs
Vitamins for Eye Health

Friday, May 17

Carrot Soup
Vitamin A

Friday, May 23

Maple Mustard Brussels Sprouts
All About Brussels Sprouts

Friday, May 31

Vitamin C Boost Smoothie
Vitamin C