



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 on the first floor of the Yagheli Shesh Qenq'a 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, Oct. 10

Reindeer Minestrone

Nutrition Dense

Friday, Oct. 17

Pumpkin Dip

Pumpkin Benefits

Friday, Oct. 24

Chicken Ramen with Roasted Red Miso Veggies

Fermented Food Benefits for Breast Health

Friday, Oct. 31

Spooky Treats

Trick-or-treat Snacks