



# 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, March 6

**Mushroom and Tofu Stir Fry**  
Benefits of Mushrooms and Tofu

Friday, March 13

**Broccoli Casserole**  
Broccoli Benefits

Friday, March 20

**Cajun Cauliflower Mash**  
Cruciferous Vegetables

Friday, March 27

**Broccoli Pesto Pasta**  
Whole Grains for Colorectal Health