



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, April 3

Curried Egg Salad Toasts
Make Ahead Breakfast

Friday, April 10

Pineapple Broccoli Chicken Stir Fry
Quick and Easy Stir Fry

Friday, April 17

Mac and Cheese Primavera
Spring Vegetables

Friday, April 24

Split Pea and Ham Soup
Leftover Ham and Legumes



Scan the QR code
to visit SCF's
recipe library.