



# 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, May 1

**Fish Tacos with Mango Salsa**  
Women's Health

Friday, May 8

**Kale Grain Bowl with Miso Dressing**  
Women's Health

Friday, May 15

**Pilaf Primavera**  
Spring Vegetables

Friday, May 22

**Black Bean Slider Burgers with  
Chipotle Mayonnaise**  
Meatless Meals

Friday, May 29

**Thai Chicken Lettuce Wraps**  
Low Carb and High Fiber



Scan the QR code  
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recipe library.

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Health Education | 907-729-2689 | [southcentralfoundation.com](http://southcentralfoundation.com)

