

# 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, June 5

**Protein Egg Cups**  
Good Sources of Protein

Friday, June 12

**Spicy Chicken Meatball Sandwich**  
Cholesterol

Friday, June 19

**Holiday Closure**  
Juneteenth

Friday, June 26

**Focaccia Turkey Sandwich**  
Sauces for the Heart



Scan the QR code  
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recipe library.

[Click here for Recipe Library](#)

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

