



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, Aug. 7

Summer Panzanella
Seasonal Produce

Friday, Aug. 14

Bulgur Pilaf with Mixed Vegetables
Whole Grains for Cancer Prevention

Friday, Aug. 21

Chili Mac and Cheese
Beans for Fiber

Friday, Aug. 28

Sesame Ginger Tofu Stir Fry
Benefits of Tofu



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

[Click here for Recipe Library](#)

Health Education | 907-729-2689 | southcentralfoundation.com



ALASKA NATIVE
MEDICAL CENTER



The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-85. These parent organizations have established a joint Operating Board to ensure unified operation of health services provided by the Medical Center.