



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, July 3

Holiday Closure

Independence Day

Friday, July 10

**Chili and Garlic Stir-Fried Brussels Sprouts With
Asparagus**

High-Fiber Foods

Friday, July 17

One Pot Chicken Broccoli Pasta

One Pot Meals

Friday, July 24

**Summer Chipotle Chicken Cobb Salad With Cilantro
Vinaigrette**

Avoid the Heat Recipe

Friday, July 31

White and Blue Yogurt Bars

Protein



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recipe library.

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

