

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, Sept. 4

Bulgar Bhutta Bowl
Great Whole Grains

Friday, Sept. 11

Herbed Couscous with Cubed Chicken
Great Whole Grains

Friday, Sept. 18

Blueberry Quinoa Salad
National Fruits and Vegetable Month

Friday, Sept. 25

Green Bean Pasta Salad
Whole Grains on the Light Side



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.