



DINNER MAKES A DIFFERENCE

Explore Nutritious Foods and Their Benefits

Healthy foods come in all shapes and sizes. Join health educators Fridays in the Learning Kitchen located on the first floor of the Anchorage Native Primary Care Center from noon to 1 p.m. Customer-owners of all ages are encouraged to attend. Contact Southcentral Foundation Health Education at (907) 729-2689 to learn more.

Friday, June 7

Hearty Quinoa Salad with Citrus Dressing

Recipes for Men's Health Week

Friday, June 14

One Pot Garlic Shrimp and Broccoli

All About Shrimp

Friday, June 21

Wilted Kale Salad with Citrus Vinaigrette

Vitamin C and K Foods

Friday, June 28

Fish Tacos

Omega-3s

Join health educators on the last Wednesday of the month for Dinner Makes a Difference specialty cooking classes in the Learning Kitchen from noon to 1:30 p.m. Contact Health Education to register.