

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 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 join. Contact Southcentral Foundation Health Education at 907-729-2689 to learn more.

Friday, Jan. 3

Instant Pot Red Lentil Soup
Benefits of Folate

Friday, Jan. 10

Tofu Lasagna Soup
Incorporating Plant-based Meals

Friday, Jan. 17

Roasted Vegetables
Antioxidants that Prevent Cancers

Friday, Jan. 24

Italian Chickpea Soup
Mediterranean Diet

Friday, Jan. 31

Curry Spice Chicken Meatballs with Tzatziki
Spices for Cancer Prevention