

JUNE

HEALTH & WELLNESS EVENTS

SUMMER EATS

365 S. Cedar Crest Blvd., Allentown



ANDREA BARNES
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Contact Andrea today by calling 610-821-1072
or email abarnes@weismarkets.com.

weis
Healthy Bites™

This month, welcome the official start of summer with Weis Dietitian Andrea, featuring health tips and recipes from the American Dairy Association.



FREE CLASSES AND WORKSHOPS

IN-STORE COOKING DEMO: YOGURT-BASED DIPS

Tuesday, June 5th 3pm

Need some ideas for your summer parties? Join Andrea for an in-store demo of yogurt-based dips featuring Weis Quality Yogurt.

IN-STORE COOKING DEMO: YOGURT SMOOTHIES

Tuesday, June 12th 3pm

Start the day off right by including low-fat or fat-free dairy in the first meal of the day. Join Andrea during this in-store demo for some fresh and summery smoothie recipes featuring Weis Quality Yogurt.

WELLNESS WEDNESDAY: BONE HEALTH

Wednesday, June 20th 2-4pm

Consuming three daily servings of low-fat dairy is an easy way to get a powerful punch of nutrients to help build stronger bones and reduce the risk of osteoporosis. Stop by the Pharmacy for some tips on the best ways to get the recommended servings of nutrient-rich dairy into your diet. Enjoy a sample of Weis Quality Cheeses and a chance to win a \$10 Weis coupon!

FREE COMMUNITY EVENTS

SUMMER GRILLING COOKING DEMO WITH CAPITAL BLUE CROSS*

Tuesday, June 26th 6-7pm

Get ready for grilling season! Join Capital Blue Cross and Weis Markets for a cooking demo on better-for-you summertime eats.

Class will be held at the Capital Blue Store, 2845 Center Valley Pkwy, Center Valley

*Registration required.

Register online at <https://www.eventbrite.com>

Look for recipe and product samplings
for fresh summer eats throughout June.

Apricot Ricotta Breakfast Sundae, Kale Superfood Salad,
Muuna Cottage Cheese, Weis Quality Cheeses