

JULY

HEALTH & WELLNESS EVENTS

NO COOKING REQUIRED

4525 Valley Road, Enola



Healthy ^{weis} Bites™

Beat the heat this summer by keeping it cool in your kitchen. Join Weis Dietitian Erin in the Tasting Kitchen for easy and refreshing no-cook meal inspiration.

IN THE TASTING KITCHEN

Red, White & Blue Yogurt Parfait

Sunday, July 1st 12-2pm

Tuesday, July 3rd 12-2pm



This festive parfait makes a great breakfast, snack or after-dinner treat. It makes a perfect dessert for summer BBQ parties too!

Watermelon Waldorf Salad

Thursday, July 12th 3-5pm

Friday, July 13th 3-5pm



Waldorf salad just got another ingredient... watermelon! Adding watermelon to this dish is sure to add a unique twist to this old-time favorite.

Blueberry Summer Fruit Salad

Friday, July 20th 3-5pm

Saturday, July 21st 11am-1pm



Add a splash of color to your summer menu. The combination of sweet and spicy flavors in this vibrant fruit salad can't be beat!

Blueberry Almond Chicken Salad

Friday, July 27th 12-2pm



Liven up your lunch! Add a pop of color to classic chicken salad by using sweet and crisp blueberries.

Interested in a complimentary nutrition consultation? Contact Erin today to set up an appointment!

FREE CLASSES AND EVENTS

NO-COOK WORKSHOP*

Thursday, July 5th 5:30-6:30pm

Do you need new recipe inspiration this summer? Join Weis Dietitian Erin in the café to learn about no-cook recipes that the whole family will enjoy. Samples included!

*Registration required. Please register by calling 717-732-7830 or email edunleavy@weismarkets.com.

KIDS COOKING CLASS*

Tuesday, July 24th 1-2pm

Calling all kids! Join Erin in the café to make quick and easy summertime snacks. Ideal for kids ages 4-12. Kids must be accompanied by an adult. Space is limited and registration is required.

*Registration required. Please register by calling 717-732-7830 or email edunleavy@weismarkets.com.



ERIN DUNLEAVY
MS, RDN, LDN

NEW: SHOP WITH A WEIS DIETITIAN

As part of this **FREE** and personalized service, Erin will accompany you on your shopping trip to provide tips for making better food choices, meal planning and more.

You will also receive a healthy eating toolkit, **PLUS** savings on your grocery order. **Appointment is required.**

Contact Erin today by calling 717-732-7830 or email edunleavy@weismarkets.com.