



ANDREA BARNES
MS, RDN, LDN, FAND

MARCH

HEALTH & WELLNESS EVENTS

GO FURTHER WITH FOOD

7801 Glenlivet Drive, West, Fogelsville

NEW: SHOP WITH A WEIS DIETITIAN

As part of this FREE and personalized service, Andrea 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. **Registration is required.**

Andrea's other FREE services include:

- One-on-one nutrition consultations
- Group store tours (diabetes, heart health, etc.)
 - Cooking demos
- Kids cooking classes and workshops
 - Community events
- Nutrition presentations and more!

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



Healthy^{weis}Bites™

March is National Nutrition Month®!

This year's theme is to 'Go Further with Food' with a strong message on the power of food, as well as how to maximize your food by recreating leftovers and reducing food waste. Join Weis Dietitian Andrea on the sales floor to learn more.

TASTING THURSDAYS

Sugar Snap Pea Salad

Thursday, March 12th 1-3pm

Tuna Tear and Pair

Sponsored by **Starkist**®

Monday, March 26th 2-4pm

FREE CLASSES AND WORKSHOPS

HEALTHY SNACKS STORY TIME at the PARKLAND COMMUNITY LIBRARY

Thursday, March 15th 1:00pm

Hey Kids! Join Weis Dietitian, Andrea for Storytime at the library and a healthy eating activity. For ages 3 and up, accompanied by an adult.

Registration is required. Please contact
610-398-1361 ext 19 or email
hoimesj@parklandlibrary.org to register

ALL ABOUT AVOCADOS COOKING DEMO WITH CAPITAL BLUE CROSS

Thursday, March 22nd 5:30pm

Class is at the Saucon Valley Capital Blue Store, 2845 Center Valley Parkway
Think avocados are just for guacamole? Join Capital Blue Cross and Weis Markets for a cooking demo featuring unique recipes with avocados as the star.

Register at www.eventbrite.com
