



ANDREA BARNES
MS, RDN, LDN, FAND

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.

MARCH

HEALTH & WELLNESS EVENTS

GO FURTHER WITH FOOD

365 S. Cedar Crest Blvd., Allentown



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 TUESDAYS

Quick Kimchi

Tuesday, March 6th 1-3pm

Sugar Snap Pea Salad

Tuesday, March 13th 2-4pm

Tuna Tear and Pair

Sponsored by **Starkist**.

Tuesday, March 27th 12-2pm

FRESH FRIDAY

Garden Salad and Pesto Vinaigrette

Sponsored by **Chobani**.

Friday, March 23rd 2-4pm

FREE CLASSES AND WORKSHOPS

WELLNESS WEDNESDAY AT THE PHARMACY

Wednesday, March 14th 4-6pm

Did you know you can prevent the risk of disease by staying informed about immunizations? Stop by the Pharmacy to learn more. Andrea will also be sampling a healthy treat. Giveaways, coupons and a raffle drawing included.

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 hoimesj@parklandlibrary.org

GO FURTHER WITH FOOD – COOKING DEMO WITH CAPITAL BLUE CROSS STORE AND CAFE, SAUCON VALLEY

Thursday, March 22nd 5:30pm

Think avocados are just for guacamole? Think again! Join Capital Blue Cross and Weis Markets for a cooking demo featuring unique recipes with avocado as the star.

Register at www.eventbrite.com

EATING ON A BUDGET STORE TOUR*

Tuesday, March 27th 5:30pm

Think all healthy foods are expensive? Think again! Walk the aisles with Andrea and learn tips for easy meal planning ideas and how to make healthy choices while staying within your budget.

*Please register by calling 610-821-1072 or email abarnes@weismarkets.com.