



EMILY RENNINGER
RDN, LDN

Menu of Services

- Personalized nutrition consultations
 - Group educational store tours (diabetes, heart health, etc.)
 - Cooking demos and tastings
- Kids' cooking classes and workshops
 - Nutrition presentations
 - ..and more!

Did you know personalized nutrition consultations are FREE with Emily, your Weis Dietitian?

For more information on setting up an individualized appointment, contact Emily at erenninger@weismarkets.com or leave a message in the dietitian's mailbox, located behind the pharmacy.

FEBRUARY HEALTH & WELLNESS EVENTS

LOVE YOUR HEART

719 Route 522, Selingsgrove



weis Healthy Bites™

February is American Heart Month. Heart Disease is the number 1 cause of death in the US. Increasing key nutrients like omega-3s, soluble fiber, and potassium can help to reduce your risk. Visit Emily for tips, tricks and recipe inspiration for a healthy heart!

TASTING EVENTS

Dark Chocolate Avocado Brownies



Monday, February 5th, 2-5pm

Surprise! Mashed avocados are the secret heart-healthy ingredient in these fudgy, walnut brownies. Avocados replace traditional oil for a heart-healthy dose of naturally good fat.

Avocado Cauliflower Rice



Monday, February 19th, 2-5pm

Four ingredients is all it takes to make this heart-healthy side dish. Cauliflower rice is combined with mashed avocado, cilantro, and a squeeze of lime juice to make the perfect lower-carb side dish that's packed with flavor.

Chunky Monkey Overnight Oats



Wednesday, February, 28th, 2-5pm

Overnight oats is a fun and tasty spin on classic oatmeal that is perfect for make-ahead breakfasts. Quaker® Oats are packed with heart-healthy fiber that can help lower cholesterol, while California Walnuts provide good-for-you fat.

Pick up the January-February issue of HealthyBites Magazine!



FREE CLASSES AND WORKSHOPS

Heart-Healthy Store Tour*

Monday, February 5th, 11am

Join Emily for an interactive tour where you'll walk the store aisles and learn about shopping and eating for a healthy heart! Topics include identifying heart healthy foods with ease, incorporating more whole grains and fiber, and the benefits of healthy fats. ***Registration is REQUIRED.** Register at erenninger@weismarkets.com

Kids Valentine's Day Workshop

Wednesday, February 7th, 4-5pm

Calling all kiddos! Join Emily in the café for a fun fruit taste-test and then create your own fruity valentine's day treats. Ideal for ages 4-12. ***Registration is REQUIRED.**

Register at erenninger@weismarkets.com

Love Your Heart with Red Wine Event

Tuesday, February 13th, 4-6pm

Red wine contains key antioxidants known as polyphenols which have heart-health benefits. Sample a variety of Shade Mountain Wines with an easy appetizer pairing of Chocolate Walnut Dessert Hummus.



FACEBOOK LIVE!
LOVE YOUR HEART

Wednesday February 21st, 3:30pm

Join Weis Dietitians Emily and Erin for more information on how to eat for a healthy heart.

Learn how to incorporate more heart-healthy fats from foods like walnuts into every day meals and snacks.

Join the chat for your chance to win a giveaway!

Sponsored by: **California Walnuts**