



EMILY RENNINGER
RDN, LDN

Menu of Services

- Aisle-by-aisle Cart Smart™ tours
- Nutrition consultations
- Healthy tasting events
- Personalized shopping
- Wellness workshops
- Interactive kids' events and more!

Did you know that Emily will accompany you on your shopping trip to help you find healthier choices? Contact her at 570-275-8646 or erenninger@weismarkets.com for more info or to set up an appt.

You may also leave a message in the dietitian's message box, located at the pharmacy.

MARCH

HEALTH & WELLNESS EVENTS

GO FURTHER WITH FOOD

719 Route 522, Selinsgrove



Healthy^{weis}**Bites™**

March is National Nutrition Month®!

Choosing nutritious food helps to energize and nourish your body and prevent and manage disease, so you feel your best. Visit Emily for tips, tricks, and recipe inspiration to go further with food.

Chobani® *StarKist®*

TASTING EVENTS

Garden Salad with Pesto Vinaigrette **Chobani®**

Friday, March 2nd, 11am-1pm

Chobani® Yogurt is a rich source of protein and contains gut-friendly probiotics. It also adds a refreshing and tangy flavor to homemade pesto-yogurt vinaigrette.

Taste It Tuesday: Fresh Produce

Tuesday, March 6th, 1-4pm

Visit Emily to sample a nutritious recipe using fresh, seasonal produce that can be cooked up in a flash!

*Fish Friday: **StarKist®** Tuna & Salmon Creations®*

Friday, March 23rd, 1-4pm

Fish is loaded with heart-healthy omega-3s, vitamin D, and protein. Learn how easy it is to 'tear and pair' with ready-to-eat StarKist® Tuna and Salmon Pouches.

FREE CLASSES AND WORKSHOPS

GO FURTHER WITH FOOD: MINI STORE TOUR & TASTING EVENT

Monday, March 26th, 5:30pm

Walk aisle-by-aisle on this informative tour where you'll learn how to choose nutritious foods that energize and nourish your body. Afterwards, sample a yummy recipe that will help to inspire more healthy food choices!

Registration is required at least 24 hours in advance. Register by calling 570-275-8646 or email erenninger@weismarkets.com

THE POWER OF PACKING YOUR LUNCH

March 10th is National Pack your Lunch Day! The food you eat for lunch significantly impacts your health and productivity throughout the day. Instead of ordering out, pack your own lunch for endless and healthful possibilities, as well as cost-saving benefits.

For quick power lunch ideas, be sure to pick up our latest edition of HealthyBites Magazine in-store or view it online at www.healthybites.weismarkets.com

