

MEET YOUR WEIS DIETITIAN



NEW: SHOP WITH A WEIS DIETITIAN

As part of this FREE and personalized service, Taylor 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.**

Taylor'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 Taylor by calling 301-834-4810 or email tbsimpson@weismarkets.com

MARCH

HEALTH & WELLNESS EVENTS

GO FURTHER WITH FOOD

1201 Dutchman's Creek Drive, Brunswick



Healthy^{weis}Bites™

March is National Nutrition Month®!

Join Taylor at her free events this month to learn how to 'Go Further with Food'. This year's theme is all about the power of food and how to maximize your food dollar.

IN THE TASTING KITCHEN***Garden Salad with Pesto Vinaigrette***
Chobani.

Thursday, March 1st 4-7pm

Friday, March 2nd 11am-2pm

Sugar Snap Pea Salad

Thursday, March 8th 11am-2pm

Friday, March 9th 11am-2pm

Taste of Chobani. Event

Thursday, March 15th 4-7pm

Friday, March 16th 11am-2pm

Sunday, March 18th 11am-2pm

Veggie Flatbread

Thursday, March 22nd 4-7pm

Friday, March 23rd 11am-2pm

Veggie and Bean Burrito

Thursday, March 29th 11am-2pm

FREE EVENTS AND WORKSHOPS**Seafood & Produce Pairings**

Find Taylor in the Produce section and learn how to 'tear and pair' with **Starkist**.
Tuna and Salmon Pouches.

Tuesday, March 6th 12-3pm

Tuesday, March 13th 12-3pm

Tuesday, March 20th 12-3pm

Tuesday, March 27th 12-3pm

Eating on a Budget Workshop

Think healthy eating is expensive? Think again! Join Taylor in the Eatery to learn tips on stretching your food dollar while making healthy choices and staying within your budget. Healthy budget friendly recipes will be provided along with a recipe sample.**

Saturday, March 17th 11am

Monday, March 19th 5:30pm

**Space is limited. Please register by calling

301-834-4810 or email TBSimpson@weismarkets.com.

THE POWER OF PACKING YOUR LUNCH

March 10th is National Pack your Lunch 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 healthybites.weismarkets.com