



EMILY RENNINGER
RDN, LDN

NEW! SHOP WITH YOUR WEIS DIETITIAN

As part of this FREE and personalized service, Emily will accompany you on your shopping trip to provide tips for making healthier food choices, meal planning ideas, and more!

You'll also receive a free Healthy Eating Toolkit, plus savings on your grocery order!
Appointment Required.

Emily's other FREE services include:

- Nutrition Consultations
- Sampling Events
- Aisle-by-Aisle Store Tours
- Health and Wellness Workshops
- Interactive Kid's Events
- and more!

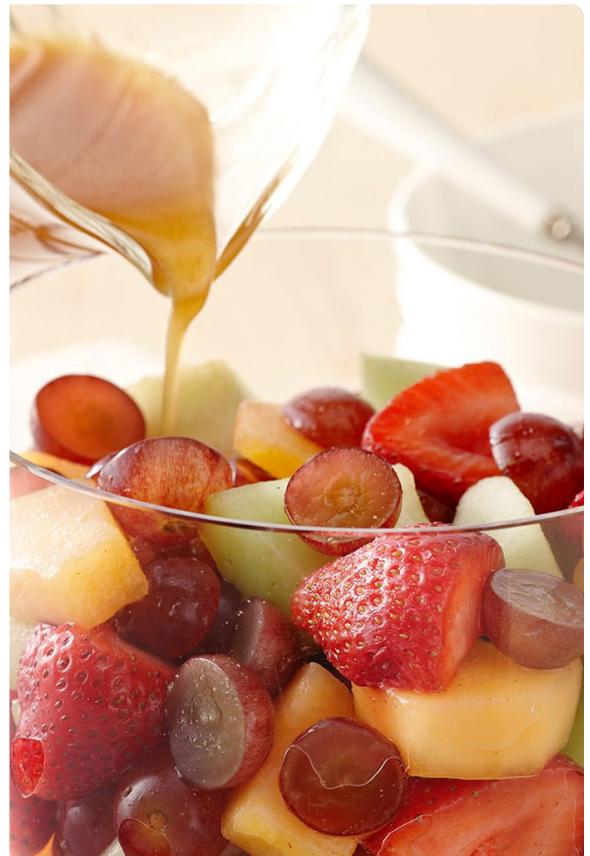
Contact Emily at 570-275-8646
or email erenninger@weismarkets.com
for more information or to set up an appointment.

APRIL

HEALTH & WELLNESS EVENTS

SPRING CLEAN YOUR EATING

6901 Westbranch Hwy, Lewisburg



Healthy^{weis}**Bites**[™]

Spring is in the air!

This season, carve out some time to give your diet a spring cleaning! Revisit your goals, lighten up your food choices, and start fresh for the lively months ahead. Visit Emily for fresh and seasonal recipe inspiration, meal planning tips, and more!

APRIL SAMPLINGS:

Springtime Sweets

Thursday, April 5th, 1-4pm



Juicy, fresh fruit combined with McCormick® Ground Ginger and honey makes for a simple and speedy Honey-Ginger Fruit Salad. Serve it up alongside Spiced Yogurt Fruit Dip for an easy appetizer, dessert, or snack!

Flatout® Roll-Ups

Saturday, April 7th, 11am-1pm



The flavor combinations are endless when wrapping up ingredients into a Flatout® wrap! Sample an easy 2-Minute Hummus Wrap and learn about other fun combinations.

NEW! Oui™ French-Style Yogurt

Friday, April 13th, 2-4pm



New Oui™ by Yoplait® starts with simple, non-GMO ingredients that are poured and set into individual glass pots for eight hours. This handcrafted process results in a satisfyingly thick, subtly sweet, and fresh tasting yogurt, sure to make you say Oui Oui!

FREE CLASSES AND WORKSHOPS

SPICE IT UP! WITH MCCORMICK®

Tuesday, April 17th, 5:30pm

Learn how to ramp up the flavor and turn your ordinary meals into extraordinary! Join Emily for an informative workshop where you'll learn about different spices, flavor profiles, and simple recipe ideas. You'll also receive a FREE Healthy Eating Toolkit, which includes an exclusive coupon off your next purchase, recipes, and more!

Registration is required for this event. Register by calling 570-275-8646 or email erenninger@weismarkets.com

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