



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

Route 15 North, Lewisburg



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

Avocado Cauliflower Rice



Thursday, February 1st, 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



Tuesday, February 6th, 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.

Dark Chocolate Avocado Brownies



Saturday, February 17th, 11am-1pm

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.

Pick up the January-February issue of HealthyBites Magazine!!



FREE CLASSES AND WORKSHOPS

Kids Valentine's Day Workshop*

Wednesday, February 14th, 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 ereninger@weismarkets.com

Love Your Heart Store Tour*

Thursday, February 15th, 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 ereninger@weismarkets.com



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