

## MEET YOUR WEIS DIETITIAN



### 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 410-661-0123 or email [TBSimpson@weismarkets.com](mailto:TBSimpson@weismarkets.com)

**weis**  
**Dietitian**  
FOOD & NUTRITION EXPERT

## HEALTH & WELLNESS EVENTS

JANUARY / FEBRUARY



7927 Bel Air Rd.,  
Nottingham

## BE A BETTER YOU: FOCUS ON FIBER

Fiber is an important part of a nutritious and energizing eating pattern, but many of us don't get enough.

Join your Weis Dietitian, Taylor, to learn more about fiber's role and ways to include fiber-rich foods into every day meals and snacks.

## TASTING EVENTS

### *Warm Brussels Sprouts and Farro Salad*

Wednesday, January 16th 11am-2pm

### *Grain Bowls*

Wednesday, January 23rd 11am-2pm

### *Dark Chocolate Avocado Brownies*

Wednesday, February 13th 3:30pm-6:30pm



## REGISTRATION EVENTS:

### **NUTRITION IN THE NEW YEAR SERIES PART 1: THE "WHO" OF WHOLE GRAINS**

Wednesday, January 16th 2:30-3:30pm or 5:30-6:30pm

Join Taylor by the pharmacy to learn about the role of whole grains in your diet and how they support overall health. She will escort you back to the community room where you can touch, taste, and take home different whole grains and recipes!

### **PART 2: EATING THE RAINBOW**

Wednesday, January 23rd 2:30-3:30pm or 5:30-6:30pm

Discuss ways to "eat the rainbow" and increase your fruit and vegetable consumption. Topics also include storing produce and shopping essentials. Samples will be provided.

### **PART 3: BE KEEN ON LEAN PROTEIN**

Wednesday, January 30th 2:30-3:30pm or 5:30-6:30pm

Meet Taylor by the pharmacy and she will escort you to the community room to discuss lean plant and animal protein sources. She will also demonstrate how to prepare Tempeh for you to sample.

### **HEART SMART STORE TOUR**

Saturday, February 9th 2:30pm

Thursday, February 21st 12pm, 2pm, and 6pm

Eating heart-smart starts in your cart. Walk the aisles with Taylor to learn what foods can help naturally promote healthy cholesterol and blood pressure levels to lower your risk for heart disease or to help manage existing conditions.

\*\*Space is limited for these events. Please register by calling 410-661-0123 or email [TBSimpson@weismarkets.com](mailto:TBSimpson@weismarkets.com).