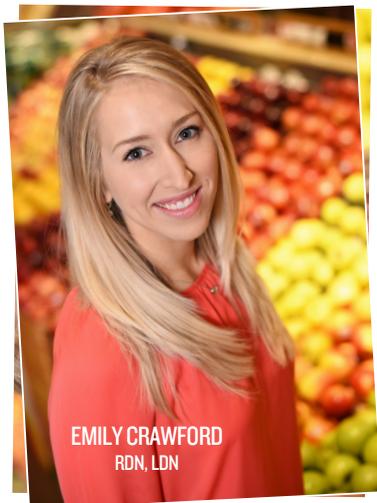


Meet Your Weis Dietitian



EMILY CRAWFORD
RDN, LDN

Emily can help you and your family make nutritious and tasty food choices.

Her free in-store health and wellness services include:

- Aisle-by-aisle educational tours
- Nutrition consultations by appointment
- Cooking demos and recipe tastings
- Personalized shopping assistance
- Interactive healthy eating events for kids
- Community and custom event appearances

Contact Emily at 717-732-7830 or email ecrawford@weismarkets.com

weis
Dietitian
FOOD & NUTRITION EXPERT

HEALTH & WELLNESS EVENTS

FEBRUARY



4525 Valley Road,
Enola

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, Emily, to learn more about fiber's role and ways to include fiber-rich foods into every day meals and snacks.

COOKING LIVE! TASTING EVENTS

CHOCOLATE AVOCADO SMOOTHIE

Monday, February 11th, 5PM

Tuesday, February 12th, 3PM

Pump up the protein with this easy and unique smoothie! The secret to its creamy consistency is heart-healthy avocado.



MAKE IT YOUR WAY: AVOCADO TOAST

Wednesday, February 20th, 12PM

Thursday, February 21st, 4PM

Sliced, diced, chopped or mashed... there are endless ways to enjoy nutrient-dense avocados! Top whole grain toast with avocados and choose from a variety of fun toppings to create your own Instagram-worthy snack. #WeisBetterYou



GAME-DAY GUAC

Monday, February 18th, 4:30PM

Guacamole is a crowd-pleasing party dip and packs a serious nutritional punch like fiber, good-for-you fat, and over 20 vitamins and minerals. Snag a Grab-and-Go guac kit to make the perfect dip right at home!



WORKSHOPS, CLASSES, & TOURS

KID'S VALENTINE'S DAY WORKSHOP *

Wednesday, February 13th, 5PM

Calling all kiddos ages 4-10! Join us for a fun and fruity Valentine's Day workshop where you'll taste test a variety of pears and create your own foodie Valentine's Day treats!

*Registration is Required.



LOVE YOUR HEART WORKSHOP WITH GEISINGER HOLY SPIRIT*

Tuesday, February 26th, 5:30-6:30PM

Join Weis Dietitian Emily and Geisinger Holy Spirit Dietitian, Erica, for an informative heart health workshop! Topics to be discussed are ways lower your risk, knowing your numbers, links between diabetes and heart disease, shopping tips and more!

*Registration is required.



***To register for an event, contact Emily at ecrawford@weismarkets.com or by calling 717-732-7830.**

You can also visit www.emilyweisrd.eventbrite.com for online registration.

Scheduled groups meet in the community room near the café.