

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

weis
Dietitian
FOOD & NUTRITION EXPERT

HEALTH & WELLNESS EVENTS

JANUARY / FEBRUARY



1201 Dutchman's Creek Dr.,
Brunswick

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.

IN THE TASTING KITCHEN

Warm Brussels Sprouts and Farro Salad

Sunday, January 13th 11am-2pm

Monday, January 14th 3pm-6pm

Grain Bowls

Thursday, January 24th 11am-2pm

Monday, January 28th 12pm-3pm

Southwest Avocado Bites

Thursday, February 7th 3pm-6pm

Monday, February 11th 12pm-3pm



REGISTRATION EVENTS:

NUTRITION IN THE NEW YEAR SERIES

PART 1: THE "WHO" OF WHOLE GRAINS

Thursday, January 17th 2:30-3:30pm or 5:30-6:30pm

Join Taylor in the Eatery to learn about the role of whole grains in your diet and how they support overall health. You can touch, taste, and take home different whole grains and recipes!

PART 2: EATING THE RAINBOW

Thursday, January 24th 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

Thursday, January 31st 2:30-3:30pm or 5:30-6:30pm

Meet Taylor in the Eatery to discuss lean plant and animal protein sources. Taylor will also demonstrate how to prepare Tempeh in the Tasting Kitchen for you to sample.

HEART SMART STORE TOUR

Thursday, February 7th 6pm

Monday, February 11th 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 301-834-4810 or email TBSimpson@weismarkets.com.