

MARCH

HEALTH & WELLNESS EVENTS

GO FURTHER WITH FOOD

4525 Valley Road, Enola



Healthy ^{weis} Bites™

March is National Nutrition Month®!

This year's theme is to 'Go Further with Food' with a strong message surrounding the power of food. Join Weis Dietitian Erin at her free events to learn more.

IN THE TASTING KITCHEN

*Garden Salad with Pesto Vinaigrette made with **Chobani** Yogurt*

Thursday, March 1st 3-5pm

Friday, March 2nd 3-5pm

*Seafood & Produce Pairings made with **StarKist**.*

Friday, March 9th 3-5pm

Saturday, March 10th 11am-2pm

Fresh Fridays:

Get a taste of a seasonal produce item

Friday, March 16th 12-2pm

Friday, March 23rd 12-2pm

COMMUNITY EVENT

ALL ABOUT AVOCADOS COOKING DEMO WITH CAPITAL BLUE CROSS*

Thursday, March 8th 5:30-6:30pm

Class is at the Enola Capital Blue Store,
4500 Marketplace Way

Think avocados are just for guacamole? Think again! Join Capital Blue Cross and Weis Markets for a cooking demo featuring unique recipes with avocado as the star.

***Please register by calling 717-732-7830 or email edunleavy@weismarkets.com**

FREE CLASSES AND WORKSHOPS

KIDS GO GREEN SCAVENGER HUNT*

Tuesday, March 13th 5:30pm

Calling all kids! Join Erin for a fun and interactive scavenger hunt through the produce department to learn all about green fruits and veggies, followed by a fun taste test. Ideal for children ages 6-12. Kids must be accompanied by an adult.

***Please register by calling 717-732-7830 or email edunleavy@weismarkets.com.**

EATING ON A BUDGET STORE TOUR*

Tuesday, March 27th 5:30pm

Think all healthy foods are expensive? Think again! Walk the aisles with Erin and learn tips about easy meal planning ideas and how to make healthy choices while staying within your budget.

***Please register by calling 717-732-7830 or email edunleavy@weismarkets.com.**

WELLNESS WEDNESDAY AT THE PHARMACY

Wednesday, March 28th 4-6pm

Did you know you can prevent the risk of disease by staying informed about immunizations? Stop by the Pharmacy to learn more from Weis Pharmacist Michelle. Erin will also be sampling a recipe from our current HealthyBites magazine.

Each participant can enter for a chance to win a \$10 Weis coupon!



ERIN DUNLEAVY
MS, RDN, LDN

NEW: SHOP WITH A WEIS DIETITIAN

As part of this **FREE** and personalized service, Erin 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.**

Erin'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 Erin today by calling 717-732-7830
or email edunleavy@weismarkets.com.