

## MEET YOUR WEIS DIETITIAN



### NEW: 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](mailto:TBSimpson@weismarkets.com)

# JULY

## HEALTH & WELLNESS EVENTS

**NO COOKING REQUIRED**

1201 Dutchman's Creek Dr., Brunswick



**Healthy**<sup>weis</sup>**Bites™**

## IN THE TASTING KITCHEN

### RED, WHITE & BLUE YOGURT PARFAIT

Monday, July 2nd 4pm-7pm

Find Taylor in the Tasting kitchen to sample this recipe idea! Perfect for entertaining, you can beat the heat with this no cooking required dessert.



### ANCIENT GRAINS SALAD

Thursday, July 5th 4pm-7pm

Monday, July 9th 11am-2pm

Stop by the Tasting Kitchen to sample a different way to enjoy watermelon. When paired with whole grains and veggies, it can make a satisfying meal.



### BLUEBERRY QUINOA POWER BOWL

Wednesday, July 11th 11am-2pm

Thursday, July 12th 4pm-7pm

Find Taylor in the Tasting Kitchen to sample a whole grain recipe. This is perfect for lunch or as a side at dinner.



### BLUEBERRY SUMMER FRUIT SALAD

Tuesday, July 24th 11am-2pm

Stop by the Tasting Kitchen to sample a new spin on a classic fruit salad. Jalapeño and mint add a new burst of flavor sure to make your taste buds notice.



### WATERMELON WALDORF SALAD

Monday, July 30th 11am-2pm

Visit the Tasting Kitchen to sample a simple salad idea that is perfect for your summer entertaining needs!

## FREE EVENTS AND WORKSHOPS

### PLANT-POWERED STORE TOUR

Monday, July 9th 6pm

Walk the aisle with Taylor to learn about the powerful nutrition packed in plant-based options. From whole grains to tofu, she has got you covered!

**\*\*Space is limited. Please register by calling 301-834-4810 or email [TBSimpson@weismarkets.com](mailto:TBSimpson@weismarkets.com).**

### KID'S SCAVENGER HUNT

Tuesday, July 17th 11am

Calling all kids! Meet Taylor in the Eatery to participate in a storewide scavenger hunt! Ideal for ages 6-12. Children must be accompanied by an adult.

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### NO COOKING REQUIRED WORKSHOP

Monday, July 30th 6pm

Beat the heat this summer with healthy no cooking required meal ideas. Taylor will be doing recipe demonstrations. Recipes and samples will be provided.

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