

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 410-661-0123 or email TBSimpson@weismarkets.com

JUNE

HEALTH & WELLNESS EVENTS

SUMMER EATS

7927 Bel Air Rd. Nottingham



Healthy^{weis}Bites™

TASTING EVENTS

Mango Salsa

Thursday, June 7th 4pm-7pm

Saturday, June 9th 11am-2pm

Transport your taste buds straight to the tropics with this tangy twist on classic salsa! Find Taylor in the produce department to taste this seasonal recipe on the dates above.

Strawberries and Cream Breakfast Parfait

Thursday, June 14th 11am-2pm

Friday, June 15th 11am-2pm

Looking for a new breakfast idea? Find Taylor in the Dairy aisle on the dates above to sample this creamy, protein-rich, and delicious breakfast combination.

Chipotle BBQ Three Bean Salad

Thursday, June 21st 11am-2pm

Find Taylor in the Dairy aisle on the dates above to taste a soon to be cook-out classic! This recipe pairs summer BBQ flavors with a fiber-rich three bean salad.



Creamy Herb Yogurt Dressing

Thursday, June 28th 11am-2pm

Saturday, June 30th 11am-2pm

This creamy dressing is sure to meet your summer salad or dipping needs! Find Taylor in the Dairy aisle on the dates above to taste this Greek yogurt-based dressing.



FREE EVENTS AND WORKSHOPS

EATING WITH DIABETES STORE TOUR

Tuesday, June 12th 1pm

Wednesday, June 27th 1pm

Thursday, June 28th 6pm

Walk the aisles with Weis Dietitian Taylor to learn more about the ins and outs of eating with diabetes. Taylor will provide tips to help you shop and eat in line with your glucose goals.

*****Space is limited. Please register by calling 410-661-0123 or email TBSimpson@weismarkets.com***

WELLNESS WEDNESDAY

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

Find Taylor at the Pharmacy to learn about calcium and bone health. She will also be sampling yogurt parfait ideas to help you reach your 3 daily servings of dairy!