

## 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)

# JUNE

## HEALTH & WELLNESS EVENTS

### SUMMER EATS

1201 Dutchman's Creek Dr, Brunswick



**weis**  
HealthyBites™

## IN THE TASTING KITCHEN

### ***Mango Salsa***

Friday, June 1st 11am-2pm

Monday, June 4th 4pm-7pm

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.

### ***Chipotle BBQ Three Bean Salad***

Friday, June 8th 11am-2pm

Monday, June 11th 4pm-7pm

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***

Saturday, June 16th 11am-2pm

Monday, June 18th 3pm-6pm

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.



### ***Strawberries and Cream Breakfast Parfait***

Friday, June 22nd 11am-2pm

Monday, June 25th 4pm-7pm

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.

## FREE EVENTS AND WORKSHOPS

### **EATING WITH DIABETES STORE TOUR**

Monday, June 11th 11am

Monday, June 18th 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 301-834-4810 or email [TBSimpson@weismarkets.com](mailto:TBSimpson@weismarkets.com).***

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### **WELLNESS WEDNESDAY AT THE PHARMACY**

Wednesday, June 20th 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!