

# GIANT<sup>®</sup>

# NUTRITIONIST

November classes and tours

## MINI CHEF MONDAY: TURKEY FRUIT & CARAMEL MAPLE YOGURT DIP

Monday, November 5 • 10-11am or 3-4pm

**free** • children under 10 with an adult

*Meets at Customer Service • Registration required*

It's never too early to start kids in the kitchen. Bring them to Mini Chef Mondays to learn the basic skills and tools needed to create and eat healthy. Recommended for children under 10 years. Adult attendance required.

## HOLIDAY TIPS FOR DIABETES

Wednesday, November 7 • 5:30-6:30pm • **free** • adults

*Meets at Customer Service • Registration required*

Enjoy all this season has to offer while keeping your diabetes under control. Kilene will discuss holiday tips, plus demo diabetic-friendly recipes that can be helpful in maintaining a healthy lifestyle during the holidays too.

## ZEST! COOKING CLASS: SWAP THIS FOR THAT HOLIDAYS EDITION

Thursday, November 8 • 6-8pm • \$45 • adults

*Zest. Cooking School 1180 Erbs Quarry Rd. Lititz, PA 17543 • Register online at <https://zestchef.com/cooking-classes> or call 717-626-6002*

Swap out traditional holiday favorites for healthier versions that are just as delicious. Join Kilene for a fun and interactive culinary nutrition experience at Zest!. Bring your appetite for this hands-on cooking class as you prepare, cook, and taste simple, seasonal recipes that support a healthy lifestyle.



## NEED A NUTRITION WORKSHOP FOR YOUR BUSINESS OR COMMUNITY GROUP?

Contact Kilene for details.

**Kilene Knitter, RD, LDN**

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1605 Lititz Pike, Lancaster, PA • (717) 293-1462

# GIANT<sup>®</sup>

# NUTRITIONIST

December classes and tours

## AVOCADO TREE TOAST

Saturday, December 1 • 10am-1pm • **free** • all ages

*Meets near the Beer & Wine Eatery entrance • No registration required*

Take a break from the hustle and bustle of the holiday season when you stop and top your tree-shaped avocado toast. Start with a smooth avocado spread and then top festively with a variety of sweet and savory toppings.

## MINI CHEF MONDAY: GRINCHY-GREEN FLUFF

Monday, December 3 • 10-11am or 3-4pm

**free** • children under 10 with an adult

*Meets at Customer Service • Registration required*

It's never too early to start kids in the kitchen. Bring them to Mini Chef Mondays to learn the basic skills and tools needed to create and eat healthy. Recommended for children under 10 years. Adult attendance required.

## HEALTHIER GINGERBREAD HOUSES

Tuesday, December 11 • 5:30-6:30pm • **free** • all ages

*Meets at Customer Service • Registration required*

'Tis the season to build gingerbread houses. We'll put a healthier twist on this traditional holiday favorite by incorporating dried and fresh produce.



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