

GIANT[®]

NUTRITIONIST

November classes and tours

HEALTHY HOLIDAYS WITH DIABETES

Thursday, November 15 • 11am OR 6pm • free • all ages

Meets near the in-store Cafe • Registration required

Holiday meals are full of fun but can also be full of calories. Join our in-store nutritionist as she discusses the best ways to plan your meals and snacks around the holidays. We'll focus on creating a balanced plate, as well as eating mindfully and joyfully. Refreshments will be provided.

KIDS COOK: ACORN TOAST

Friday, November 16 • 11am–12pm • **free** • adults & kids

Meets near the in-store Cafe • Registration required

FREE Kids classes brought to you by GIANT. Our in-store nutritionist will work with kids and adults in this fun class that will teach basic kitchen skills to create nutritious and delicious snacks. Recommended for ages 18 months to 5 years. Parent attendance required. Modifications regarding food allergies can be made with advance notice.



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

Contact Rabiya for details.

Rabiya Bower, RD, LDN

rabiya.bower@giantmartins.com

1874 Bethlehem Pike, Flourtown, PA • (215) 836-4300

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NUTRITIONIST

December classes and tours

HOLIDAY COOKIE EXCHANGE

Thursday, December 13 • 4-5:30 pm • **free** • adults

Meets in the Nutritionist's Office • Registration required

Spread some holiday cheer with a FREE cookie exchange. Pre-registration required to ensure everyone gets enough cookies. Rabiya's favorite samples and recipes provided too.

KIDS COOK: REINDEER FOOD

Friday, December 14 • 11am–12pm • **free** • adults & kids

Meets near the in-store Cafe • Registration required

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