

# NUTRITIONIST

classes and tours

## HOLIDAY OPEN HOUSE

**Sun., Nov. 11 • 11am–2pm • free • all ages**

*Meets in the Camp Hill GIANT Cooking School*

*No registration required*

Planning the perfect holiday meal can be a stressful task. Stop by the Camp Hill GIANT Cooking School between 11 am to 2 pm for holiday meal inspirations. Nosh on some unique creations that will be a surefire hit at your next holiday gathering!

## SEASONAL SWITCH-UP SERIES: SALADS

**Sun., Nov. 18 • 12–1pm • free • adults**

*Meets in the Linglestown GIANT Community Center*

*Registration required*

*email shanna.shultz@giantmartins.com or call (717)-545-0489*

Watch out Thanksgiving – a new dressing is about to hit the table and it has nothing to do with bread! Join Shanna as she shows you how to switch-up your salads with seasonal produce, whole grains, and flavorful dressings. You can use these ideas for your everyday lunch or make savory salads your new holiday meal addition.

## HAPPY HOUR

**Wed., Nov. 28 • 5:30–6:30pm • free • adults**

*Meets at the Camp Hill GIANT Cooking School*

*Registration required by November 25*

*email holly.doan@giantmartins.com or call (717) 724-1166*

It's the happiest time of the year! Join us for an evening of beer & cheer. We'll be sampling a variety of seasonal brews, paired with delicious holiday appetizers. Must be 21 or older, ID required.

## SEASONAL SWITCH-UP SERIES:

### SIDES & SIPS SAMPLING

**Sun., Dec. 9 • 12–2pm • free • all ages**

*Meets at Linglestown GIANT*

*No registration required*

Whether you need new ideas for your holiday work party or fancy New Year's Eve bash – we have you covered! Drop in anytime between 12–2pm and sample your way through the store as we'll be serving up delicious yet better for you side dishes and drinks! One lucky sampler will win a goodie bag full of featured products so you'll be party ready!

## SEASONAL SWITCH-UP SERIES: SMOOTHIES

**Tues., Dec. 11 • 5:30–6:30pm • free • adults**

*Meets in the Linglestown GIANT Community Center*

*Registration required*

*email shanna.shultz@giantmartins.com or call (717)-545-0489*

Come to this class to swap out your summer smoothies for a seasonal shake! We'll be jazzing up your morning blend with warm spices and festive ingredients while still packing a punch of protein.

## HOLIDAY TRADITIONS: COOKIES & COCOA

**Wed., Dec. 12 • 6–7pm • free • all ages**

*Meets in the Camp Hill GIANT Cooking School*

*Registration required by December 9*

*email holly.doan@giantmartins.com or call (717) 724-1166*

Christmas cookie exchanges are a holiday favorite for many families! Each delicious bite provides a little dose of nostalgia! Join Holly as we exchange our favorite holiday cookie recipes and chat over warm cups of cocoa. Of course, we'll be sampling nourishing baked goodies, too!

## SUGAR & SPICE

**Sat., Dec. 15 • 11am–12pm • free • all ages**

*Meets in the Enola GIANT café*

*Registration required by December 12*

*email holly.doan@giantmartins.com or call (717) 724-1166*

Winter is filled with captivating aromas of the season, from fragrant cinnamon to sweet citrus. Taking these seasonal favorites and turning them into stunning holiday décor will surely wow your guests! Join Holly and GIANT florist, Julie Amuso, as they share tips for designing a beautiful and delicious holiday spread.

## SEASONAL SWITCH-UP SERIES: SWEETS

**Mon., Dec. 17 • 2–3pm • free • Adults**

*Meets in the Camp Hill GIANT Cooking School*

*Registration required*

*email shanna.shultz@giantmartins.com or call (717)-545-0489*

Nutritionist Shanna loves cookies just as much as Santa, but she knows that loading them up with sugar and butter can lead to that unwanted belly. Come to this class for a lesson on sugar alternatives and tips on practical recipe substitutions for your favorite holiday treats!

## A MAGICAL TRADITION: REINDEER FOOD

**Thurs. Dec. 20 • 6–7pm • free • all ages**

*Meets in the Enola GIANT café*

*Registration Required by December 17*

*email holly.doan@giantmartins.com or call (717) 724-1166*

Bring your kids for this fun evening of holiday magic! Join us as we make our very own reindeer food and have some dazzling snacks while we do it! Here is the trick: you will take this magic food and sprinkle on your lawn Christmas night. The moon will make it sparkle bright. As Santa's reindeer fly and roam, the reindeer food will guide them to your home!