



HEALTHY FOR LIFE!

You're invited to a series of free, fun, hands-on group experiences that will teach you how to be well, eat well and shop well.

Project SHARE Farm Stand | 123 Lincoln St., Carlisle, PA 17013

HANDICAPPED ACCESSIBLE PARKING AND ENTRANCE AVAILABLE.

January 15 | 1-2 PM

ADDED SUGAR IS NOT SO SWEET with Shanna Shultz, GIANT Dietitian

Learn the difference between naturally occurring sugar and added sugar and how to swap in healthier alternatives when you're cooking and baking. Shanna will demonstrate how to create Banana Split Berry Yogurt Parfait.

January 22 | 1-2 PM

NUTRITION FACTS LABEL SMARTS with Charlotte Scheid, GIANT Dietitian

Learn how to read nutrition facts labels by comparing similar products. Apply your new knowledge of calories, sodium, sugar, saturated fat and protein in a mock grocery store. Enjoy the feeling of being a confident, healthy shopper. Charlotte will demonstrate how to make a Mediterranean Tuna Chef Salad.

January 29 | 1-2 PM

THE ROLE OF FOOD AND YOUR HEALTH: BLOOD PRESSURE

with Kilene Knitter, GIANT Dietitian

Join us to learn how food can impact overall health and why blood pressure is a critical factor too. Receive guidance to help you set goals to improve your health. Kilene will demonstrate how to easily whip up a Velvety Avocado Pesto Dip.

February 5 | 1-2 PM

WEEKLY MEAL PLAN MADE EASY with Holly Doan, GIANT Dietitian

We'll cover simple tips for planning meals, selecting fresh produce and keeping your pantry stocked, all while learning how to make the most of sales and coupons. Holly will demonstrate how to make Mediterranean Couscous Salad with Chickpeas.



SCAN TO REGISTER

Registration opens Dec. 30

Space is limited

Locally sponsored by

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Additional support provided by

