

MARTIN'S[®]

NUTRITIONIST

November classes and tours

WELLNESS WALK: A NUTRITIONIST GUIDE TO MARTIN'S

Saturday November 3 • 11am–12pm • **free** • adults

Meets in the Produce Department

Take a walk through the store with Joni to discover her favorite products and learn quick tips for making better choices. Plus, get samples and coupons.

HEALTHIER HOLIDAY INSPIRATIONS

Saturday, November 10 • 10am–2pm • **free** • adults

No registration required

Need ideas for your holiday party or New Year's Eve bash—we have you covered. Stop by multiple stations throughout the store to sample some of our favorite better-for-you holiday dishes that will be sure to delight your guests. Ask Joni your recipe questions and learn strategies to savor the flavor of the holidays while eating for health.

SNACKING WHILE CONTROLLING BLOOD SUGAR

Wednesday, November 14 • 11am-12pm • **free** • all ages

Registration required

Need ideas for snacking while you keep your blood sugar controlled? Joni will give ideas and let you create your own sample of a customized trail mix.



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

Contact Joni for details.

Joni Rampolla, RDN, CSOWM, LDN

joni.rampolla@giantmartins.com

1320 Londontown Blvd., Eldersburg, MD • (410) 552-5107

MARTIN'S[®]

NUTRITIONIST

December classes and tours

HOMEMADE SUGAR SCRUB GIFTS

Tuesday, December 4 • 11am–12pm or 5:30–6:30pm

free • teens & adults

Meets in the Marketplace Café • Registration required

Join our nutritionist for a relaxing holiday class. You'll create a peppermint or gingerbread sugar scrub with items you can buy at the grocery store - keep the scrub for yourself or give as a gift.

WEIGHT MANAGEMENT STORE TOUR

Saturday, December 8 • 11am–12pm • free • adults

Meets in Produce

Join Joni for a walking tour to learn how to shop to control your weight.

A MAGICAL TRADITION: REINDEER FOOD

Monday, December 17 • 5:00-6:00pm • free • all ages

Meets in the Marketplace Café • Registration required

Bring your kids for this fun evening of holiday magic. Join Joni to make our very own reindeer food. 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. This reindeer food will guide them to your home.



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