

MARTIN'S

NUTRITIONIST

SEPTEMBER 2020 FREE VIRTUAL NUTRITION CLASSES

Family Meals at 5

- Celebrate Family Meals Month by cooking dinner for your family LIVE with GIANT'S Nutritionists! Ingredient list for featured recipe provided at registration.
- Tuesdays 5-5:30pm and Saturday, Sept 26th 5-5:30pm

Adult Nutrition Tracks

- **Diabetes Management Series**
 - Sept 1st- Oct 4th every Tuesday 12-12:30pm
- **Weight Management Series**
 - Sept 2nd - Oct 5th every Wednesday 12-12:30pm
- **Heart Health Series**
 - Sept 3rd- Oct 8th every Thursday 12-12:30pm

Mini Chef Mornings

- Gather up your mini chefs for a morning of healthier snack-crafting and a story with our Nutritionists! Recommended for children 6 years and under.
- Mondays 10:30-11:00am

Junior Chef Creations

- Let your junior chefs take over the kitchen after school to create their own healthier snack! Recommended for children 7-18 years.
- Wednesdays 4:00-4:30pm

For details and registration,
visit thegiantcompanynutritionists.eventbrite.com