



In the following classes, our in-store Nutritionist, Sylvia McDonald, will provide you with information to help you eat healthier and learn how to read labels on food products. All classes are FREE, but do require you to pre-register by calling 717-724-1166.



Sylvia E. McDonald, M.Ed., R.D., LDN

**Thursday May 8**

**Make Yours a “Veggie” Table!  
5:30–6:30pm • FREE • Adult**

*Meets in the Cooking School*

Whether you are a vegetarian or just want to eat less meat, this class will provide ideas for incorporating produce, beans and soy into your meals. Today there are many meatless alternatives available – and they taste great! Learn about the health benefits of eating vegetarian.

**Friday May 9**

**Make Yours a “Veggie” Table!  
10–11am • FREE • Adult**

*Meets in the Cooking School*

Whether you are a vegetarian or just want to eat less meat, this class will provide ideas for incorporating produce, beans and soy into your meals. Today there are many meatless alternatives available – and they taste great! Learn about the health benefits of eating vegetarian.

Registration is required  
for all Nutritionist classes.  
Call 717-724-1166  
to register

**Monday May 19**

**Preventive Nutrition Part II:  
Beat the Clock**

**5:30–6:30pm • FREE • Adult**

*Meets in the Cooking School*

If you missed last month’s “Dinner at Longevity Café,” or if you would like to learn more strategies you can use to reduce your risk of diet-related diseases, join the Nutritionist and the Cooking School team for more discussion and tasting. (Small portions, of course!)

**Thursday May 22**

**Preventive Nutrition Part II:  
Beat the Clock**

**1–2pm • FREE • Adult**

*Meets in the Cooking School*

If you missed last month’s “Dinner at Longevity Café,” or if you would like to learn more strategies you can use to reduce your risk of diet-related diseases, join the Nutritionist and the Cooking School team for more discussion and tasting. (Small portions, of course!)

**Thursday June 12**

**Dressing Down Your Salad**

**1–2pm OR 5:30–6:30pm**

**FREE • Adult**

*Meets in the Cooking School*

Getting more fruits and vegetables in a tasty way doesn’t have to add mountains of fat, calories and sodium. (But if you’re not careful, your salad toppings can wreck your healthy eating plan!) Our Nutritionist will talk you through the most healthful oils to use to dress your salads. We will also look at some of the bottled dressings for your best choices. Try these healthful salad recipes courtesy of the Cooking School team.

**Wednesday June 25**

**The Inside Story of Your Food Packages**

**1–3pm • FREE • Adult**

*Meets in the Cooking School*

Does your grocery cart need a make-over? Are you leary of what all that information on food packages really means? If so, join BOTH of our Giant Nutritionists, as we provide you with some expert guidance to fill your grocery cart with better choices. The first hour of our session will give you the information you need, and during the second hour you will participate in a scavenger hunt in our Giant Super Store. At the end, we will re-convene to evaluate the labels.