

Get expert answers to your nutrition questions while you shop!

Schedule a private consultation to discuss your nutrition needs in detail. Call 215.784.1960 to schedule an appointment.

Thursday May 8

Food Labels: What does the label on your packaged food product really tell you?

11–12noon OR 5:30–6:30pm

FREE • Adult

*Pre-register by calling (215)-784-1960
Meets in the Cooking School.*

What does low calorie, reduced calorie or lite mean? Is there a difference between low calorie and low fat? Mary Ann Moylan, our resident Nutritionist, can help you understand food labels. Bring one of your favorite food labels to the class for discussion.

Thursday May 15

Sodium: How much is too much?

11–12noon OR 5:30–6:30pm

FREE • Adult

*Pre-register by calling (215)-784-1960
Meets in the Cooking School.*

Our in-store Nutritionist, Mary Ann Moylan, can help you decide how much sodium you should consume on a daily basis. Compare regular versus low sodium products and learn about delicious tasting low sodium seasonings, herbs and spices.

Thursday May 29

Body weight and body fat: What is your BMI?

1–2pm OR 6–7pm • FREE • Adult

*Pre-register by calling (215) 784-1960
Meets in the Cooking School.*

Are you an apple or an pear? What is your BMI – body mass index? Does your BMI put you in a risky health zone? Learn healthy nutrition cooking tips and find out from our in-store nutritionist how to make healthier food choices.

Tuesday June 3

Diabetes: What should your blood sugar level be?

2–3pm • FREE • Adult

*Pre-register by calling (215) 784-1960
Meets in the Cooking School.*

Our in-store Nutritionist, Mary Ann Moylan, can fill in the blanks for you concerning blood sugar levels and how what you eat can make all the difference. How is your blood sugar? What is your A1C? Learn how to plan nutritious and balanced meals and snacks to keep your blood sugars in normal range. Food recommendations will be offered for those who are at risk for diabetes.

Thursday June 5

Diabetes: What should your blood sugar level be?

6–7pm • FREE • Adult

*Pre-register by calling (215) 784-1960
Meets in the Cooking School.*

Our in-store Nutritionist, Mary Ann Moylan, can fill in the blanks for you concerning blood sugar levels and how what you eat can make all the difference. How is your blood sugar? What is your A1C? Learn how to plan nutritious and balanced meals and snacks to keep your blood sugars in normal range. Food recommendations will be offered for those who are at risk for diabetes.

Thursday June 12

Green Eating: Natural and/or Organic?

1–2pm OR 6–7pm • FREE • Adult

*Pre-register by calling (215) 784-1960
Meets in the Cooking School.*

Learn what is natural and organic and the differences between them. What are the benefits of eating natural and organic foods? Tour the Nature's Promise Marketplace in our store with our Nutritionist, Mary Ann Moylan, and try some organic snacks.

Thursday June 19

Gluten Free: Fact or Fiction?

1–2pm OR 6pm • FREE • Adult

*Pre-register by calling (215) 784-1960
Meets in the Cooking School.*

Mary Ann Moylan, our Nutritionist, will shed light on foods containing gluten and ingredients to avoid. This hot topic can be very confusing, but she can clear up any questions you may have about which foods to avoid and what is gluten free. Pick up tips on getting more nutrition into your gluten free diet, along with helpful hints for gluten free dining at home and out.