

October

Virtual nutrition classes

Family Meals at 5

Tuesdays, 5–5:30pm

Cook dinner for your family LIVE with
The GIANT Company's Nutritionists.

Ingredient list for featured recipe
provided at registration.



Family Meals Saturday Edition

Saturday, October 10 and 31, 11–11:30am

Cook up a meal for your family LIVE with
The GIANT Company's Nutritionists.

Ingredient list for featured recipe
provided at registration.

For details and registration,
visit the giantcompanynutritionists.eventbrite.com

GIANT[®]

NUTRITIONIST



Adult Nutrition Tracks

Diabetes Management Series

October 13–November 17, every Tuesday, 12–12:30pm

Weight Management Series

October 14–November 18, every Wednesday, 12–12:30pm

Heart Health Series

October 15–November 19, every Thursday, 12–12:30pm

Self Care Series

October 16–November 20, every Friday, 12–12:30pm

Mini Chef Mornings

Mondays 10:30–11:00am

Gather up your mini chefs for a morning of healthier snack-crafting and a story with our nutritionists.

Recommended for children age 6 and under.

Junior Chef Creations

Wednesdays 4:00–4:30pm

Let your junior chefs take over the kitchen after school to create their own healthier snack.

Recommended for children ages 7–18.

For details and registration,
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