



# March 2012

## National Nutrition Month Events!

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**Four Pillars of Healthy Eating:**

- Whole food
- Plant-Strong™
- Nutrient Dense
- Healthy fats

**Event Locations:**

**Tours** will meet in the Floral dept by the main entrance.

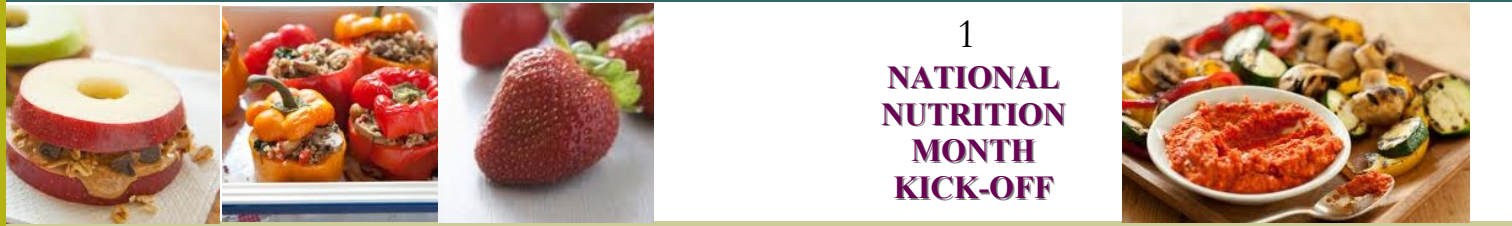
All **active floor demos** and tastings will be at the Healthy Eating kiosk between the produce and seafood depts.

All **cooking classes** and **Supper/Lunch & Learns** will be held in our Salud! Cooking & Lifestyle School.

To register for events, please call guest services. Phone: 970-267-9200

**Questions about nutrition or any of the events?**

Please e-mail: [lara.ulfers@wholefoods.com](mailto:lara.ulfers@wholefoods.com)



4	5 6-7pm: Health Starts Here™ Store Tour	6	7 7-9am Breakfast Smoothie Bar	8 1 <b>NATIONAL NUTRITION MONTH KICK-OFF</b> 5 for \$5 Health Starts Here Buffet in Prepared Foods Dept	9	10 10-1pm: Healthy Weekend Favorites (Active Cooking Demo)
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11	12 6-8pm: Simply Delicious Vegetarian Cooking Class	13 11-2pm: No-oil cooking (Active Cooking Demo)	14 <i>National RD Day!</i> <i>Come in and say hi to your favorite local dietitian!</i>	15 6:30-7:30pm: Becoming Vegetarian Store Tour	
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18	19 6-7pm: Supper & Learn with Lara: <i>Eating well on a budget</i>	20 9-11am: Healthy Snacks for Kids tasting (Produce dept)	21 6:30-7:30pm: Food Allergies/Intolerances Store Tour	22 5 for \$5 Health Starts Here Buffet in Prepared Foods Dept	
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	27 12-1pm: Lunch & Learn with Lara: <i>Eating well on a budget</i>		30	31 9-11:30am: Oil Free Baking Class
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