

EVENTS CALENDAR



OCTOBER 2014

10/1 ZUCCHINI NOODLES KNOW-HOW 11-12:30pm

Come meet Andi in the produce department to learn to make spiraled zucchini, grab a recipe and leave with everything you need to have raw Pad Thai for dinner!

10/3 OFF-SITE PRIVATE HEALTHY EATING SEMINAR

Is your office in need of healthy eating education? Contact Andi to inquire!

10/4 BUILD A BETTER BENTO BOX 12PM

Sake and Spring Rolls? Knife skills and know-how? Hands on learning made fun? Yes please!

RSVP: <https://bentosakespringroll.eventbrite.com>

APPLES TO APPLES 2pm

Green apples, red apples, pink apples, sour apples, sweet apples, heirloom apples....Come find Andi in the Produce Department and learn all about our tremendous variety of apples.

10/6 PRODUCE PAL 1pm

Meet Andi to discuss anything and everything produce. Learn more about agriculture's impact on the environment, stories of real-life farms making a positive change and our list of prohibited pesticides.

10/7 POP-UP VEGAN RESTAURANT 12-2pm

In need of a healthy and quick meal that will inspire your palette? Find Andi in the prepared foods department where she will be selling one of the healthiest (and tastiest) meal options in the store! Specialty diet friendly and vegan too

10/9 TEAM MEMBER EDUCATION DAY

10/10 TASTING BOOTH 2PM

Come try some of my favorite non-GMO products and enter to win a store gift certificate!

10/13 PRODUCE PAL 12pm

The topic today will be our new Responsibly Grown rating system. Whole Foods Market is now rating produce as Good Better or Best Find out what this means.

10/14 POP-UP VEGAN RESTAURANT 12-2pm

In need of a healthy and quick meal that will inspire your palette? Find Andi in the prepared foods department where she will be selling one of the healthiest (and tastiest) meal options in the store! Specialty diet friendly and vegan too

10/17 BULK BASICS TOUR 11am

Come learn all about the bulk section and try some creative recipes: Nut-cheese, The Perfect Seasoning, Crunchy Oat Bites!
RSVP: <http://nationalbulkweektour.eventbrite.com>

10/20 PRODUCE PAL 12pm

Meet Andi to discuss anything and everything produce. Learn more about agriculture's impact on the environment.

10/21 POP-UP VEGAN RESTAURANT 12-2pm

Find Andi in the prepared foods department where she will be selling one of the healthiest (and tastiest) meal options in the store! Specialty diet friendly and vegan too

10/27 PRODUCE PAL 12pm

Meet Andi to discuss anything and everything produce. Learn more about pesticides we prohibit.

10/28 HSH SUPPER CLUB 6pm

A delicious 4 course meal exclusive event. Sip on your favorite beverage while feasting on guilt-less gourmet cuisine. Come solo or sign up a friend but don't miss out. \$25 a seat, RSVP event only.

View the menu & sign up at:

<http://arbortrailsoctobersupperclub.eventbrite.com>

10/30 TEAM MEMBER PRIVATE EVENT

10/31 KIDS' HALLOWEEN PARTY 4:30-6pm

Bring the 12 and under crowd for arts & crafts, healthy Halloween treats and a face painter who can paint your child's face to match their costume. Wear your costume and enter to win the Halloween raffle prize! RSVP at <http://arbortrailshalloween.eventbrite.com>

MEET OUR HEALTHY EATING SPECIALIST • ANDI JO ELBEL



Hello! I'm Andi Jo, your Healthy Eating Specialist! I'm a school teacher turned nutrition educator and happy to be here to teach you all about Health Starts Here! Join me as we learn all about eating a more plant & whole foods-based diet while having fun along the way. For more information email me at andi.elbel@wholefoods.com.

WE PROMOTE THE HEALTH OF OUR STAKEHOLDERS THROUGH HEALTHY EATING EDUCATION

WHOLE FOODS MARKET • 4301 W. WILLIAM CANNON • AUSTIN, TEXAS • (512)-358-2460



OCTOBER

ARBOR TRAILS CALENDAR

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

FOR ALL APRIL HEALTH STARTS HERE EVENTS:
hsharbortrails.eventbrite.com
ANDI'S EMAIL: andi.elbel@wholefoods.com

<p>5 HEALTHY EATING TIP Sauté veggies in water instead of extracted oil. 1 Tablespoon of olive oil contains 120 calories!</p>	<p>6 PRODUCE PAL 12PM Topic: Organics</p>	<p>7 ANDI'S HOMEMADE FOOD POP-UP VEGAN RESTAURANT 12-2PM</p>	<p>8 LUNCH AND LEARN PRIVATE EVENT Is your company, club or circle of friends interested in a private cooking class held here at the store? Get in touch!</p>	<p>9 TEAM MEMBER EDUCATION DAY Food and Our Nation</p>	<p>10 TASTING BOOTH 2PM</p>	<p>11 HEALTHY EATING TIP Make your own veggie chips! Slice root vegetables, add Healthy Earth Seasoning and bake on parchment paper at 350 degrees until crisp. No oil needed!</p>
<p>12 HEALTHY EATING TIP Try Miller, a wheat-free whole grain similar to couscous</p>	<p>13 PRODUCE PAL 12PM Topic: Good, Better, Best</p>	<p>14 ANDI'S HOMEMADE FOOD POP-UP VEGAN RESTAURANT 12-2PM</p>	<p>15 Did you know about Healthy teacher training? Whole Kids Foundation's Healthy Teachers Program empowers educators to improve their personal health and wellness so they can be the healthiest possible role models for students.</p>	<p>16 COOKING CLASS PRIVATE EVENT Is your company, club or circle of friends interested in a private cooking class held here at the store? Email Andi to learn more.</p>	<p>17 NATIONAL BULK WEEK BULK BASICS TOUR 11AM</p>	<p>18 Make a 1 on 1 healthy eating consultation. Email Andi to set up a free healthy eating meeting to get you on the right track.</p>
<p>19 MUELLER FARMER'S MARKET 11AM-1PM Come find me at the farmer's market where I will be demo-ing kid-approved food!</p>	<p>20 PRODUCE PAL 12PM Topic: Agricultural Impact</p>	<p>21 ANDI'S HOMEMADE FOOD POP-UP VEGAN RESTAURANT 12-2PM</p>	<p>22 AUSTIN FOOD AND FILM FESTIVAL 7PM</p>	<p>23 OFF-SITE PLANT-BASED NUTRITION SEMINAR</p>	<p>24 HEALTHY EATING TIP Roast your vegetables on parchment paper to prevent sticking and any unwanted calories from adding oil. No oil needed!</p>	<p>25 OFF-SITE FUNDRAISING PARTY WITH LOCAL NON-PROFIT</p>
<p>26 HEALTHY EATING TIP Looking for lower-sodium products? Choose items with a 1:1 ratio between calories and sodium per serving</p>	<p>27 PRODUCE PAL 12PM Topic: Prohibited Pesticides</p>	<p>28 HSH SUPPER CLUB FALL FOODIE 6PM</p>	<p>29 1 ON 1 CONSULTATIONS ANYTIME Make a 1 on 1 healthy eating consultation. Email Andi to set up a free healthy eating meeting to get you on the right track.</p>	<p>30 PRIVATE EVENT TEAM MEMBER MOVIE NIGHT!</p>	<p>31 KIDS HALLOWEEN PARTY 4:30-6PM</p>	<p>Featured Event</p>