GIANT EAGLE TO PRESENT "HEALTH SMART" SERIES AT CARNEGIE SCIENCE CENTER

GIANT EAGLE NUTRITION TEAM TO OFFER RECIPES & HEALTH TIPS EACH MONTH

PITTSBURGH, Aug. 30, 2012— The Giant Eagle Nutrition Team will kick off a monthly "Health Smart" nutrition education series at Carnegie Science Center on Saturday, Sept. 8, from 11 am – 2 pm.

Themed “Lunch Anyone? Ideas for Back-to-School Meals,” the September program will feature healthy recipes for school lunches and snacks, as well as provide ways to accommodate food allergies and gluten-free diets. Visitors will also be able to participate in hands-on meal planning and spend one-on-one time with registered dietitian Judy Dodd.

Upcoming topics will focus on healthy snacking, diabetes awareness, and cold weather survival to help visitors stay active and eat heart-smart, indoors and out.

Themes of future Health Smart sessions will be:

October 13 Health-Smart Snacking
November 3 Celebrating Diabetes Smart Choices
December 8 Cold Weather Survival

For more information, visit CarnegieScienceCenter.org.

About Carnegie Science Center
Carnegie Science Center is dedicated to inspiring learning and curiosity by connecting science and technology with everyday life. By making science both relevant and fun, the Science Center’s goal is to increase science literacy in the region and motivate young people to seek careers in science and technology. One of the four Carnegie Museums of Pittsburgh, the Science Center is Pittsburgh’s premier science exploration destination, reaching more than 700,000 people annually through its hands-on exhibits, camps, classes and off-site education programs.

About Carnegie Museums of Pittsburgh
Founded by Andrew Carnegie in 1895, Carnegie Museums of Pittsburgh is a collection of four distinctive museums dedicated to exploration through art and science: Carnegie Museum of Art, Carnegie Museum of Natural History, Carnegie Science Center, and the Andy Warhol Museum. Annually, the museums reach more than 1.2 million people through exhibitions, educational programs, outreach activities and special events.

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