



october
calendar of events

HAPPY
HALLOWEEN



S	M	T	W	Th	F	S
 <p>We're wrapping up a month long focus on supporting local farmers & producers with two great events! We have partnered with Kanu Hawai'i in their challenge to get involved in creating more sustainable, secure local food systems. For more information about Kanu Hawai'i or to get involved visit: www.kanuhawaii.org</p>					1 KANU HAWAII COOKING LOCAL CHALLENGE	2 DEMO BOB KANU HAWAII LOCAL FARMERS
3 DEMO BOB Wine Tasting 2-5pm	4 MOUTH-WATERING MONDAY	5	6 HEALTHY EATING WORKSHOP & TOUR	7 COOKING DEMO	8 Wine Tasting 4-7pm	9 DEMO BOB Wine Tasting 1-4pm
10 DEMO BOB	11 MOUTH-WATERING MONDAY	12	13 HEALTHY CHOICES & YOU	14 COOKING DEMO	15 Wine Tasting 4-7pm	16 DEMO BOB KEIKI IN THE KITCHEN Wine Tasting 2-5pm
17 DEMO BOB Wine Tasting 2-5pm	18 MOUTH-WATERING MONDAY	19	20 COMMUNITY DAY GIVING BACK FOR FOOD	21	22 Wine Tasting 4-7pm	23 DEMO BOB Wine Tasting 2-5pm
24 DEMO BOB Wine Tasting 2-5pm HAPPY HALLOWEEN 31	25 MOUTH-WATERING MONDAY	26	27 HEALTHY CHOICES & YOU	28 COOKING DEMO	29 Wine Tasting 4-7pm	30 OLA LOA WELLNESS Wine Tasting 12-3pm

MOUTH-WATERING MONDAYS • FREE every monday, 4-6pm

Join us each Monday for some satisfying and delightful flavors and foods as we sample our favorites in each of our amazing departments.

HEALTHY EATING WORKSHOPS & TOUR • FREE* 1st wednesday @ 7pm & saturday @ 11am

Join us at Whole Foods Market for a focused workshop & store tours on Weight Loss through Healthy Eating. These workshops & tours will be in conjunction with an 8-week boot camp conducted by Garrett Bell of Kahala Fitness.

WEEKLY COOKING DEMONSTRATIONS • FREE every thursday, 4pm

For the month of September, we will be cooking recipes that are inspired by our LOCAL produce and products.

DEMO BOB • FREE saturdays & sundays, 10am-4pm

Visit us and see what Bob is sampling!

HEALTHY CHOICES & YOU • FREE* 2nd & 4th wednesdays, 4:30pm

Join us a special tour and cooking demonstrations focused on how to shop and cook for more nutritional value in your foods. Deb Christensen, Health Counselor of Find Your Healthy! will be sharing her knowledge and healthy recipes.

KANU HAWAII'EAT LOCAL CHALLENGE

friday, oct. 1, 5pm – cooking LOCAL challenge

We will be transformed into a kitchen stadium as KCC Culinary Institute of the Pacific students test their skills against one another in friendly culinary combat for "BATTLE LOCAL".

saturday, oct. 2nd, 11-2pm – local farmers, whose produce lines fills our bins, will be in-store to share their stories and highlight the fresh foods Hawaii families can feature at their tables.

KEIKI IN THE KITCHEN • FREE*

saturday, october 16, 11am

The popularity of the culinary arts is not just limited to grown-ups! Join us for a fun class perfect for children ages 5-12.

NOURISH YOURSELF WITH OLA LOA • FREE

saturday, october 30, 11am

Come and learn more about the amazing benefits of "whole" foods with Skya & Traci. They will show you how to prepare the most delicious, nutritious, foods on planet earth. Come sample unique recipes as you experience simple and affordable ways to reclaim your health. Sign up at Customer Service as class size is limited.

WEEKLY WINE TASTINGS • FREE check calendar for dates & times

Join us in our Wine & Cheese (Specialty) department to taste something new and chat with our visiting experts.