

MOLLY TEVIS,
RDN, LD



wellness CORNER

NUTRITION GUIDANCE

SLURPABLE GOBLIN GOO

Ingredients:

- 2 cups vanilla almond milk
- 2 bananas, frozen
- 1 cup fresh pineapple cubes (frozen if possible)
- 2 handfuls fresh spinach
- ice, optional
- candy eyeballs

Instructions:

1. In a blender, combine almond milk, bananas, frozen pineapple, and fresh spinach. Blend until smooth and color is consistently green. Pour into mason jars & carefully place several candied eyeballs on top of each glass. Add a straw and slurp!



CARAMEL APPLE POPCORN SQUARES

Ingredients:

- 8 cups air popped popcorn
- 2 cups apple chips
- 1 cup chopped unsalted dry roasted peanuts or almonds
- 1 cup raw honey
- 1/2 cup peanut butter or almond butter

Instructions:

1. Combine popcorn, apples and nuts in a large mixing bowl. Set aside
2. Adult Assistance: In a small pot on high heat bring honey to a boil. Allow boil for 3-5 minutes until very bubbly. Remove from heat. Add nut butter and whisk until smooth. Pour over the popcorn and mix with a spoon.
4. Pour into a 9 x 13 baking dish sprayed with non-stick cooking spray and spread evenly.
5. Let cool completely and cut into squares.

For nutrition guidance and consulting call
208-803-2206
and make your appointment today!



WE CATER

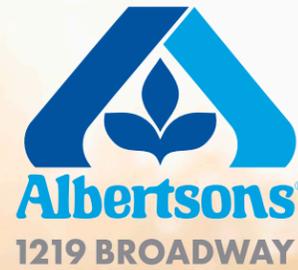
WE'LL HANDLE THE DETAILS
you handle the compliments

DELIVERY AVAILABLE
UPON REQUEST

Call us today
208-336-5278



OCTOBER 2019



HAPPENINGS & EVENTS

SCARING UP SOME *fun*



FRI
SAT
SUN



ALLERGEN FREE
flavors of fall!

Throughout the month of October, stop in and visit Registered Dietitian Molly as she shares allergy friendly recipe demonstrations and tastings featuring the popular product line Simple Mills.



2 DELICIOUS HOT APPLE CIDER!
 Start the month off right with a sample of our hot apple cider! Plan to have a jug for your Halloween party!
 2-6pm; Produce Dept.

3 NATIONAL SOFT TACO DAY
 Celebrate the day with our limited time special! 3 street tacos for \$7.99. Choose from chicken, pork & beef. Must order from the grill.
 10am-8pm; Grill

4 APPLE COBBLER DAY
 Try our baker's special cobbler recipe! Pair it with vanilla ice cream for a wonderful treat! Cobbler can be ordered through Catering for larger groups.
 3-7pm; Bakery Dept.

5 CAMILLE BECKMAN SKIN CARE CLASS
 Unravel the mysteries of natural skin, hair care and oil cleansing. Travel size oil and rose mist included.
 10-10:30am with Q&A after class; Event Room
 \$10, Sign up at Catering

6 APPLE BRUNCH SPECIAL
 Sat. and Sun. only! We are celebrating apple week with limited time apple recipes for brunch. Try apple cobbler, apple pancakes and cinnamon apple syrup!
 9am-1pm; Hot Bar

7 NATIONAL FRAPPE DAY
 Baristas will be sampling the Cookie Dough Frap, Lemon Bar Frap and Thin Mint Frap. Try all three and find a new favorite!
 2-6pm; Starbucks Dept.

8 APPLE SAUSAGE DEMO
 It's apple week! Try our green apple chicken sausage TODAY only! Also sampling our traditional chicken sausage.
 3-7pm; Meat Dept.

9 SUSHI ROLLING CLASS
 Back by popular demand! Join our sushi rolling class and take home your sushi creation! All supplies provided.
 6-8pm; Event Room
 \$30, Sign up at the Catering Desk

10 LA CREMA WINE TASTING CLASS
 Join guest host Michael J., who holds both Master Sommelier and Certified Wine Educator diplomas!
 6-7pm; Event Room
 Free, Seats limited; Sign up at the Catering desk

11 CITRUS PEAR FOOD PREP CLASS
 Healthy, simple, flavorful crock pot or pressure cooker meals to make in this fun, energetic hands on class.
 Visit citruspeardinners.com to sign up

12 TAILGATE WITH US!!! BSU VS. HAWAII
 Come party at Broadway On The Rocks! Both patio's open for tailgating! Fill up before the game with our BBQ and drink specials.

13 NATIONAL M & M DAY
 M&M's paired with our famous cookies makes the best treat! Pick up a platter today to share with the office.
 Available all day in the Bakery Dept.

14 NATIONAL DESSERT DAY
 Celebrate this day with a dessert from Albertsons! Many desserts made fresh in-store. Take home something special tonight!
 Available all day in the Bakery Dept.

15 NATIONAL RED WINE DAY
 Stop by our Wine Department and visit with our wine staff for suggestions.
 Available all day in the Wine Dept.

16 NATIONAL WORLD FOOD DAY
 Tour the world via our hot bar and other food stations.
EAT LIFE UP!
 10am-8pm at the Hot Bar

17 FALL PUMPKIN ARRANGEMENT
 Julie will be teaching how to make a beautiful fall pumpkin arrangement with bright fall colors!
 6-7pm; Floral Dept.
 \$25, Sign up at the Catering Desk



19 NATIONAL SEAFOOD BISQUE DAY
 We will be carrying the lobster bisque soup today! Try a sample before taking some home tonight!
 10am-8pm at the Salad Bar

20 PUMPKIN SAUSAGE DEMO
 You've got to try this! It's pumpkin season and now is the time to try our sweet and savory pumpkin spice pork sausage.
 11am-4pm; Meat Dept.

21 NATIONAL PUMPKIN CHEESECAKE DAY
 Now is the time to try our wonderful pumpkin cheesecake and place your order for Thanksgiving!
 3-7pm; Bakery Dept.

22 HANDS ON WITH MOZZARELLA
 Follow along with our expert cheesemonger as you make soft and chewy mozzarella to enjoy!
 6pm; \$15, Sign up at the Catering Desk

23 NATIONAL BOSTON CRÈME PIE DAY
 Try our version of a Boston Crème Cake. Try our different varieties of cherry, strawberries, blueberry, apple and peach!
 3m-7pm; Bakery Dept.

24 HALLOWEEN BEER SAMPLING
 Get into the spirit of Halloween and sample our Halloween beers.
 3-6pm; Beer Dept.

25 NATIONAL GREASY FOOD DAY
 Get your fingers greasy today with some of our favorite greasy foods! Try Joe's famous fried chicken!
 10am-8pm at the Hot Bar & Grill

26 LETTERS FROM HOME
 Join us in showing our troops appreciation by sending them care packages. We'll have a list of most needed items for you to purchase and donate. This is a pre Boise Veterans Parade event.



30 HALLOWEEN CAKE DECORATING CLASS
 Learn advanced cake decorating and take home your very own Halloween decorated two layer cake!
 6pm; Event Room
 \$20, Sign up at the Catering Desk

31 HAPPY HALLOWEEN
 Bring the kids all decked out in their costumes to their favorite Albertsons store! We want to see your little ghosts and goblins and give them a treat!



DON'T FORGET AT BROADWAY ON THE ROCKS
Every Monday - Manhattan Monday! \$6 Makers Mark Manhattans (excluded from Happy Hour Discount)
Every Tuesday - Tequila Tuesday! \$1 off all Tequila drinks, all day

- FRI., OCT. 4TH** - Sockeye Brewing Pint Night & Sampling 4-7pm
live music - 5-10pm; Dennis Cleary & Fabulous Blue
- SAT., OCT. 5TH** - UNLV vs. BSU 8:30pm Kickoff!
 - Woodland Empire Brewing Pint Night 5-8pm
- FRI., OCT. 11TH** - Warfield Brewing & Distillery 4-7pm
live music - 5-10pm; Mood Swings & Soul Kitchen
- SAT., OCT. 12TH** - Hawaii @ BSU Kickoff TBA!
 - Payette Brewing & Hood River Distillers 4-7pm
- FRI., OCT. 18TH** - Mother Earth Pint Night & Sampling 4-7pm
live music - 5-10pm
- SAT., OCT. 19TH** - BYU vs. BSU Kickoff TBA!
 - Sierra Nevada Pint Night, Sampling & Giveaways 4-7pm
 - Gin & Tonic Day!
 \$1 off ALL GIN ALL DAY!
- FRI., OCT. 25TH** - Grand Teton Brewing Pint Night 4-7pm
 Chocolate Pairing with Black Cauldron Imperial Stout
live music - 5-10pm; Greg Bridges & Fabulous Blue Rays
- SAT., OCT. 26TH** - Koenig Distillers Sampling 4-7pm
 \$6 Seven Devils Bourbon Cocktails
live music - 5-10pm; Dead Desire & Mojo Boogie Band