



FEBRUARY

EVENTS

SATURDAY, FEBRUARY 4
NOON – 3:00PM; FREE

Big Game Bonanza

Countdown to XLVI with us as we have a variety of game day samples and culinary tastings throughout the store!

MONDAY, FEBRUARY 6
6:30 – 7:30PM; FREE

Sweet Treats at the Rolling Meadows Public Library

Mark your calendar to join the culinary team from Whole Foods Market for a sweet treat as we make recipes with chocolate. Sign up today as space is limited by calling (847)259-6060.

TUESDAY, FEBRUARY 7
4:30 – 6:30PM; \$27/CHILD

For the Love of Chocolate Kids Cooking Class

Ciocolato, chocolat, chocola, schokolade – no matter how you say it chocolate is delicious. Chefs ages 9-13 years old join us in our culinary center as we prepare Mexican Hot Chocolate Buttons, Chocolate Mousse, and a variety of chocolate covered treats. Class geared for children ages 9-13 years of age. Register today with your local park district:

Arlington Heights: Program #4000-2
Palatine: Program #2408-4
Rolling Meadows: Program #12-1348

SATURDAY, FEBRUARY 11
9 – 11:30AM; FREE

Feel Good, the Heart Healthy Way!

Join us for a delicious sampling of heart healthy foods, a free gift

bag and raffle prizes, all while learning how to take care of your heart! Browse informational booths including massage, heart healthy chocolate and more. Bring a friend! Event takes place at Northwest Community Hospital Pavilion. To register please visit www.nch.org

MONDAY, FEBRUARY 13
10:30 – 11:30AM; FREE

Cookie Monsters Cookie Making & Storytime



Do you have a little one that speaks to the trees? Enjoy the story of *The Lorax* by Dr. Suess with our community partner the Palatine Public Library. Plus we'll be making cookies inspired by the book and movie. Samples & recipe tips will be provided. Must pre-register with Whole Foods Market by calling (847)776-8080. Children ages 3-6 years old with parents welcome.

Wednesday, February 15 6:30pm; Free

Health & Wellness Seminar: Back Pain

This lecture is a must for anyone suffering from back pain and looking for ways to relax and cope. Seminar presented by Foundation for Wellness Professionals. To register for this one night only event, please call (847)632-9919.

THURSDAY, FEBRUARY 16
7:00 – 8:30PM; \$5/PERSON

Beer School: Beer & Pairings Class*

Confused between a lager and a lambic? A cider and a stout? If so,

then this class is for you. Stop by and visit our beer & wine team for a talk on various types and styles of beer while you enjoy complimentary samples. We'll also prepare two easy appetizers to enjoy. Recipes, tastes and a pint glass included with admission fee. **All participants must be 21 or older with a valid I.D. to attend.*

SATURDAY, FEBRUARY 18
NOON – 3:00PM; FREE

Local Vendor Fair at Whole Foods Market Palatine



If you're a local-voire be sure to stop by to hear the stories and try the great flavors from our trusted vendor partners from here in the northwest suburbs and around the midwest.

TUESDAY, FEBRUARY 21
4:30 – 6:30PM; \$27/CHILD

Extreme Makeover: Lunch Box Edition

Your classmates will want to trade their lunch with you after you take this class. Think outside the box as we whip up new recipe ideas for your lunchbox. For additional information contact your local park district: Arlington Heights: Program #4181-0
Barrington: Program #105268-03
Palatine: Program #2409-4

THURSDAY, FEBRUARY 23
3:45 – 7:00PM;
PRE-REGISTRATION REQUIRED

Spa Night

Stop by our Whole Body department and meet skin care professionals... from Zuzu Cosmetics for a one on one, one night only skin care

(Events continued on reverse...)

consultation event. You'll get to try that new lip gloss, foundation or blush you've been eyeing! Sign up now, as spots are limited by calling (847)776-8080.

THURSDAY, FEBRUARY 23
4:30 – 6:30PM; \$27/CHILD

Teen Sushi 101 Class

Sushi, the original Japanese fast food, is not just found at your local sushi bar, or *sushi-ya*. Become your own *itamae*, or sushi master, in this fun, hands-on class. You will learn the history of sushi, go over sushi jargon and etiquette and how to select your ingredients. Chef Ann will show you how to make *maki*, or rolls, and *nigiri*, little ovals of rice with fish or vegetables on top. Then you'll jump in and make your own with a selection of fresh cooked seafood, vegetables, even fruit. Teens ages 13-17 years old welcome. For registration details contact your local park district: Arlington Heights: Program #4000-1 Palatine: Program #2407-4

SATURDAY, FEBRUARY 25
NOON – 3:00PM; FREE

Whole Foods Market

Customer Appreciation Event

Become a savvy shopper of Whole Foods Market! Stop by the store for a tour, learn the best ways to get great values, experience cooking classes, find the best sales on natural and organic products, and more!

MONDAY, FEBRUARY 27
6:30 – 8:00PM; \$10/PERSON

Vegetarian Eating: Great Grains

Come to our culinary center for a cooking and lifestyle class on vegetarian eating. We'll prepare a variety of recipes based upon



grains. Recipes include:

- Ancient Grain Stuffed Red Bell Peppers
- Basic Millet with Onion & Parsley
- Bulgur with Radishes, Spinach & Pine Nuts

Cirque Du Soleil Quidam Dinner & Show Giveaway

Register to win a date night package for two, to see a performance of Cirque Du Soleil Quidam at the Sears Centre Arena in Hoffman Estates. In addition to the performance, enjoy a pre-show dinner at our sister store in Schaumburg. Tickets are for the Wednesday, February 8, 7:30pm performance.

Tour our Store!

Whole Foods Market Palatine offers personalized free tours of our store for groups or individuals, and may include allergen free foods depending on special dietary needs. We can accommodate large groups with advance notice. Sampling of food is encouraged! Please call Culinary Coordinator Ann to schedule a tour at (847)776-8080.

For additional information on classes and events: wholefoodsmarket.com/palatine/store-calendar

Park District Phone Numbers:

Arlington Heights Park District
(847)577-3000

Barrington Park District
(847)381-0687

Palatine Park District
(847)991-0333

Rolling Meadows Park District
(847)818-3200



Coming in March!

THURSDAY, MARCH 15
7:30 – 8:30PM; FREE

Health Starts Here®

28 Day Challenge Orientation

We'll discuss the 4 pillars of healthy eating, meal planning, cleaning out your pantry, shopping on a budget and much more. All challenge members present will receive a free gift bag! You will also have the opportunity to be entered to win a \$50 pantry makeover.

MONDAYS, MARCH 19 – APRIL 9
6:30–8:30PM; \$25/PARTICIPANT

Health Starts Here®

28 Day Challenge

More details to come in our March Calendar of Events!



[FACEBOOK.COM/WHOLEFOODSMARKETPALATINE](https://www.facebook.com/wholefoodsmarketpalatine)



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