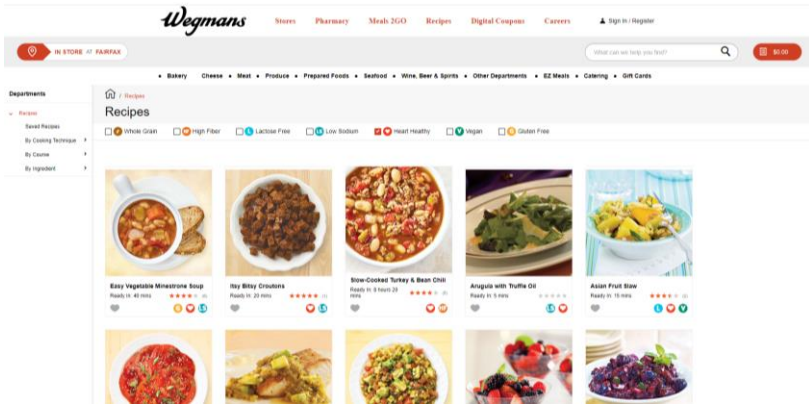


A direct link to Wegmans has been added to our website for your convenience. You can find many helpful Wellness tools such as cooking techniques, recipes and valuable information on prescription refills and discounts.

[Wegmans.com](https://www.wegmans.com)



Cooking Techniques

Our chefs show you how to make great meals easy!



Grilling

Grilling Veggies
Grilling Meat
Grilling Steak
Grilling Flaky Fish
Grilling Whole Fish

Preparation

Roasting and Carving Meat
Roasting and Carving Turkey
Reheating and Carving Ham

Roasting

Roasting Veggies
Roasting and Carving Meat
Roasting and Carving Turkey

Stir-Frying

How to Stir Fry



Pan-Searing

How to Pan Sear



Blanching and Shocking

Blanching and Shocking Veggies



Braising

Braising Meat

Health & Nutrition

Helping you live a healthier, better life through food.

Planning and Shopping Made Easy

Whether you have special dietary needs or are just trying to feed your busy family, having a plan can help you get meals on the table any night of the week. With a plan, you'll already know the answer to the question "What's for dinner tonight?" We've also got a few shopping tips to keep your life running more smoothly, too.

[LEARN MORE](#)

Nutrition Help

[Special Diets](#)

[Made-In-Store Nutrition Facts](#)

[Wellness Keys](#)

[Wegmans Brand](#)

Wellness Keys

These easy-to-recognize "dots" on our Wegmans products and recipes show you how each food fits into your lifestyle and wellness planning at a glance. Each dot alerts you to important nutritional information. Some are for everyone, like Heart Healthy or High Fiber, while others like Gluten-Free or Lactose-Free, are meant for people with specific medical needs.

A Allergens

Contains or may contain (we specify which of the following) Crustacean Shellfish, Eggs, Fish, Milk, Peanuts, Soy, Tree Nuts, Wheat.

Note: The allergen key is only used on Wegmans Brand packaged products, not on recipes. It appears on the back or side panel near the ingredient statement.

G Gluten Free

Ingredients are not derived from wheat, rye, barley or oats, and the final product must have <20 ppm gluten from unavoidable gluten present due to inadvertent cross contact. Used on products and recipes.

[Products](#) [Recipes](#)



Gluten Free with Oats

Ingredients are not derived from wheat, rye or barley. Contains certified gluten-free oats. The final product must have <20 ppm gluten from unavoidable gluten present due to inadvertent cross contact. Used on products and recipes.

[Products](#) [Recipes](#)

Heart Healthy

Low in fat and less than 1g saturated fat, 480mg sodium and 20mg cholesterol per standard serving of an individual food. Contains at least 10% of the daily value of at least one of the following: vitamin A, C, calcium, protein or fiber. Used on products and recipes.

[Products](#) [Recipes](#)

HF High Fiber

Must be at least 5g fiber per serving of individual foods. Used on products and recipes.

[Products](#) [Recipes](#)

L Lactose Free

Ingredients do not contain lactose, the natural sugar found in milk. Used on products and recipes.

[Products](#) [Recipes](#)

LS Low Sodium

Less than 140mg sodium per serving of individual foods. Used on products and recipes.

[Products](#) [Recipes](#)

V Vegan

No ingredients have been derived from animals including, meat, fish, dairy, eggs, honey, or anything made from these. For example, a noodle made with eggs would not be vegan. Used on products and recipes.

[Products](#) [Recipes](#)