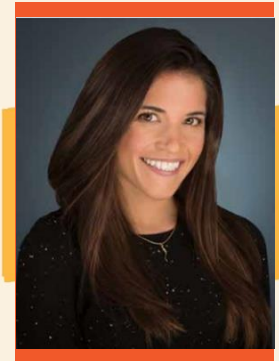


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 ShopRite of Williamstown	2 OFF
3 OFF	4 OFF	5 Eat Your Water Time: 2-4pm Location: Produce Department	6 ShopRite of Williamstown	7 ShopRite of Williamstown	8 OFF	9 In-Store Wellness Clinic: Flu Shots Time: TBA Location: Pharmacy
10 ShopRite of Williamstown	11 QA Tour Time: 9am-11:30am Location: Out of Office	12 ShopRite of Williamstown	13 Meal of the Week Time: 3-5pm Location: Meal Cart in Deli/Café area	14 OFF	15 OFF	16 OFF
17 OFF	18 OFF	19 OFF	20 OFF	21 OFF	22 OFF	23 OFF
24 OFF	25 OFF	26 Kid's Event: Snack Smart! Time: 3-5pm Location: In front of Scrunchy's	27 ShopRite of Williamstown	28 ShopRite of Williamstown	29 Tailgate Snacks Time: 3-5pm Location: Produce Department	30 In-Store Wellness Clinic: Flu Shots Time: TBA Location: Pharmacy

MONTHLY FOCUS

Snack Smart



DIETITIAN

VICTORIA GIANQUINTO
Registered Retail Dietitian

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"Every time you eat is an opportunity to nourish yourself."
-first name

FREE NUTRITION SERVICES



Aloha! I'm **Tori**, your in-store retail dietitian at the ShopRite of West Berlin. I provide **FREE** nutrition services to help you along your journey to become the healthiest and happiest you can be! These services include nutrition counseling, grocery store tours, kid's events, community events, and in-store healthy & delicious demos. This month I will be focusing on snacking smart! Contact me to learn more or to get started on your wellness journey ☺



EVENT DETAILS

<p>TUESDAY, SEPTEMBER 5TH Eat Your Water Find out more ways to stay hydrated through food that is perfect for bringing to work or school!</p> <p>Time: 2pm-4pm Location: Produce Department</p>	<p>SATURDAY, SEPTEMBER 9TH In-Store Wellness Clinic: Flu Shots with Pharmacy Flu season is right around the corner! Stop by pharmacy where Tori will be promoting flu shots & immune boosting foods! Health & wellness bags provided.</p> <p>Time: TBA by Store Director Location: Pharmacy</p>	<p>MONDAY, SEPTEMBER 11TH QA Tour Tori will be traveling to learn more about the produce and seafood departments!</p> <p>Time: 9am-11:30am Location: Out of Office</p>	<p>WEDNESDAY, SEPTEMBER 13TH Meal of the Week Stop by the one-stop-shop meal cart where Tori will be sampling this week's Meal of the Week recipe!</p> <p>Time: 3pm-5pm Location: Meal Cart in Deli/Café area</p>
<p>TUESDAY, SEPTEMBER 26TH Kid's Event: Snack Smart! Bring the kids by Scrunchy's to join Tori in creating energizing snacks & make a fun craft! Plus, sample a yummy snack!</p> <p>Time: 3pm-5pm Location: In front of Scrunchy's</p>	<p>FRIDAY, SEPTEMBER 29TH Tailgate Snacks Tori will be sampling snacks that are perfect for any tailgate party!</p> <p>Time: 3pm-5pm Location: Produce Department</p>	<p>SATURDAY, SEPTEMBER 30TH In-Store Wellness Clinic: Flu Shots with Pharmacy Flu season is right around the corner! Stop by pharmacy where Tori will be promoting flu shots & immune boosting foods! Health & wellness bags provided.</p> <p>Time: TBA Location: Pharmacy</p>	

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Snack smart tip: Include a carbohydrate and a protein in your snack to create a satisfying and well-rounded snack! Examples: ¼ cup dried mango & nuts, apple slices & peanut butter, or baby carrots & hummus 😊

