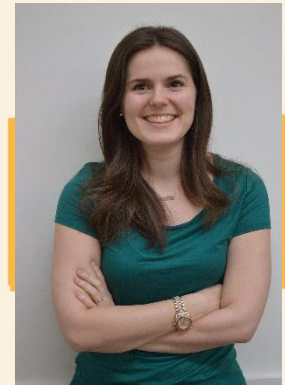


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Happy Labor Day!	5 Bristol Cares @ @ 10 Health Committee @ 1	6	7 Snack Smart Time: 4pm @ Bristol Library	8	9 Scouts Program Time: 10-11:30 @ Howard Whittemore Library
10	11	12 Back to School Snack ideas! 11-1	13 Nutrition Storytime Time: 10a @ Bristol Library	14 Baby Program Time: 9:30a @ Howard Whittemore Library	15	16 Back to School Sampling Event! 11-3p
17	18 :	19 Hunger Action Team Time: 2-3:30 @ BBGC	20	21 Health Fair Time: 9-12p @ Bristol Senior Center	22	23
24	25	26	27 Nutrition Storytime Time: 10a @ Bristol Library	28 Snack Smart Time: 4pm @ Bristol Library	29	30

MONTHLY FOCUS

Snack Smart



DIETITIAN

Katie Shepherd
Registered Dietitian

p:860-584-8022
e:katie.shepherd@wakefern.com

“Ah, look what I found – snacks”
Pedro Cabrera

FREE NUTRITION SERVICES



Katie offers free nutrition consultations, store tours, community events, nutrition classes, and more!
To schedule an event or appointment, contact Katie!



EVENT DETAILS

August 7th 4-5p
Snack Smart @ Bristol Library

Katie will be teaching kids how to make their own healthy snacks after school!

August 9th 10-11:30
 Howard Whittemore Scouts Program

Katie will be joining the scouts, to make hydrating fruit smoothies, and learn why staying hydrated is important!

August 13th 10-11am
Nutrition Storytime @ Bristol Public Library

Katie will be taking over story-time, and playing an interactive nutrition game with the preschooler's, and making a healthy snack!

September 16th 11-3pm
Back to School Sampling Event!

August 12th 11-1pm
 Back to School Snack Ideas

Katie will be making some healthy, and yummy, back to school treats.y

August 21st 9am-12pm
Community Health Fair @ Bristol Senior Center

Katie will be sampling out "Mocktails", and giving information on how to stay hydrated!

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