

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 OFF	2 OFF
3 OFF	4 HAPPY LABOR DAY!! OFF	5 OFF	6 OUT OF OFFICE	7 Location: ShopRite of Sicklerville	8 Location: ShopRite of Sicklerville	9 Partners In Caring Event Time: 11am Location: Dietitian Table
10 FREE Nutrition Counseling Time: 8 am to 4 pm Location: Dietitian Office	11 Dietitian Pick Time: 12 pm to 2 pm Location: Dietitian Table	12 OFF	13 Location: ShopRite of Sicklerville	14 Produce Pick Time: 3 pm to 5 pm Location: Produce Department	15 Location: ShopRite of Sicklerville	16 OFF
17 OFF	18 Cassie the Caterpillar Time: 10am Location: Tiddly Winks Learning Center	19 OFF	20 Location: ShopRite of Sicklerville	21 Location: ShopRite of Sicklerville	22 Get School Snackin' Time: 12 pm to 2 pm Location: Dietitian Table	23 Location: ShopRite of Sicklerville
24 OFF	25 Dietitian Pick Time: 12 pm to 2 pm Location: Dietitian Table	26 OFF	27 Location: ShopRite of Sicklerville	28 FREE Nutrition Counseling Time: 12 pm to 6 pm Location: Dietitian Office	29 Snack Smart Time: 12 pm to 2 pm Location: Dietitian Table	30 Location: ShopRite of Sicklerville

### MONTHLY FOCUS

Snack Smart



DIETITIAN

**Catherine Perez, MS, RD**  
RETAIL DIETITIAN

p: 609-314-0498  
e: Catherine.Perez@wakefem.com

**“If we’re not meant to have midnight snacks, why is there a light in the fridge?”**

-Anonymous

## FREE NUTRITION SERVICES



Did you know that ShopRite of Chews Landing offers FREE nutrition services? Catherine, your in-store dietitian, offers free nutrition counseling, grocery store tours, kid’s events, and community events! Catherine wants to help you on your nutrition journey to wellness however she can. Contact her today to get started on your nutrition journey!



EVENT DETAILS

**SATURDAY, SEPTEMBER 9TH**  
**Lunch Bags for Hunger**

Be a part of the fight against hunger with our Partners in Caring Event! Stop by the dietitian table to donate money for a good cause. Donators will receive an insulated lunch bag with lunch containers. While supplies last!

**Time: 11 am**

**SUNDAY, SEPTEMBER 10TH**  
**Nutrition Counseling**

Book an appointment to see your in-store dietitian, Catherine, for a free nutrition appointment. Get your numbers back on track, walk the aisles for healthy swaps or ask some nutrition questions. Catherine can help with that!

**Time: 8 am to 4:30 pm**

**MONDAY, SEPTEMBER 11TH**  
**Dietitian Pick**

Stop by the dietitian table for one of Catherine's healthful product recommendations straight from our aisles! Sample and pick up information and coupons while supplies last.

**Time: 12 pm to 2 pm**

**THURSDAY, SEPTEMBER 14TH**  
**Produce Pick**

Perfectly picked and ready to be thrown into a fun recipe. Stop by the produce department and sample a new recipe showcasing our pick of the week! Recipes and samples will be provided!

**Time: 3 pm to 5 pm**

**MONDAY, SEPTEMBER 18TH**  
**Cassie the Caterpillar**

Catherine is travelling to Tiddly Winks Learning Center to teach preschoolers why it's so important to eat healthy with the help of our friend Cassie the Caterpillar. *Schedule your own event with Catherine!*

**Time: 10 am**

**FRIDAY, SEPTEMBER 22ND**  
**Get School Snackin'**

Stop by the dietitian table for a healthy snack perfect to pack in your lunch box or enjoy after school. Samples, recipes and helpful tips about healthy snacking will be provided to you to enjoy.

**Time: 12 pm to 2 pm**

**MONDAY, SEPTEMBER 25TH**  
**Dietitian Pick**

Stop by the dietitian table for one of Catherine's healthful product recommendations straight from our aisles! Sample and pick up information and coupons while supplies last.

**Time: 12 pm to 2 pm**

**THURSDAY, SEPTEMBER 28TH**  
**Nutrition Counseling**

Book an appointment to see your in-store dietitian, Catherine, for a free nutrition appointment. Get your numbers back on track, walk the aisles for healthy swaps or ask some nutrition questions. Catherine can help with that!

**Time: 12 pm to 6 pm**

**FRIDAY, SEPTEMBER 29TH**  
**Snack Smart**

Need help planning out healthy snack ideas? Stop by the dietitian table to learn all about snacking this month. Samples, snack ideas, and recipes will be provided for your shopping convenience!

**Time: 12 pm to 2 pm**

FREE NUTRITION SERVICES



DIETITIAN  
**CATHERINE PEREZ, MS, RD**  
RETAIL DIETITIAN

p: 609-314-0498  
e: Catherine.Perez@wakefem.com



**INGREDIENTS:** 1 Nature Valley Bar, 1 TBSP natural peanut butter, 4-6 slices of banana

**INSTRUCTIONS:** Take bar and spread peanut butter to cover the entire top of the bar. Slice up banana and use to place on top of bar. Enjoy this filling snack after school or after a

