

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Jersey Fresh Friday! Time: 2pm Location: Produce	2 Out of Office
3 Out of Office	4 Labor Day	5 Office Hours - Please call ahead for a consultation -	6 Kid Cooking Class Time: 5pm – 7pm Location: East Orange Library	7 Helping Families Eat Better Demo! Time: 5pm Location: RD Office	8 Partners in Caring Sampling Time: 4pm Location: RD Office	9 Out of Office
10 Out of Office	11 Office Hours - Please call ahead for a consultation -	12 East Orange Farmers Market Time: 2pm – 6pm Location: City Hall	13 Partners in Caring Sampling Time: 5pm Location: RD Office	14 Helping Families Eat Better Demo! Time: 11am Location: RD Office	15 Out of Office	16 Meet, Move, Mingle! Time: 10am – 3pm Location: See Reverse Side - Rain Date -
17 Health Fair! Time: 1pm – 5pm Location: See Reverse Side	18 Helping Families Eat Better Demo! Time: 10am Location: RD Office	19 East Orange Farmers Market Time: 2pm – 6pm Location: City Hall	20 Teen Cooking Class Time: 5pm – 7pm Location: East Orange Library	21 Back to School Event Time: TBD - Private Event -	22 Out of Office	23 Out of Office
24 Healthy Product Sampling! Time: 12pm Location: RD Office	25 Office Hours - Please call ahead for a consultation -	26 East Orange Farmers Market Time: 2pm – 6pm Location: City Hall	27 Adult Cooking Class Time: 6pm – 8pm Location: East Orange Library	28 Out of Office	29 Helping Families Eat Better Demo! Time: 12pm Location: RD Office	30 Out of Office

MONTHLY FOCUS

Snack Smart



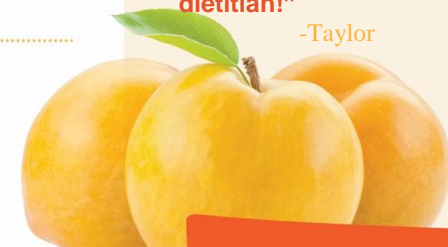
DIETITIAN

Taylor Cain, RDN
Registered Dietitian
Nutritionist

(973) 674-8705
Taylor.cain@wakefern.com

“With school back in session learn to snack smart with proper portion sizes. Don’t eat less ... eat right with the help of your in-store dietitian!”

-Taylor



FREE NUTRITION SERVICES



Every Tuesday during the month of September the city of East Orange will be hosting a Farmers Market from 12pm – 6pm! Join Taylor at City Hall to learn about locally grown goodness and delicious ways to include fruits and veggies into EVERY meal! There will be local vendors, kid’s activities, food trucks, and culinary demos.

EVENT DETAILS

September 1

Jersey Fresh Friday
Looking to try some new produce items that are delicious, local, and in season? Join Taylor to sample Jersey Fresh produce!

Time: 2pm
Location: Produce

September 6

Kid Cooking Class
Kids aged 7-12 are encouraged to join Taylor at the library for an interactive cooking class. We will be cooking something yummy!

Time: 5pm – 7pm
Location: East Orange Public Library

September 7, 14, 18, 29

Helping Families Eat Better Demo
Our HFEB program provides a new recipe each week with all the ingredients for you to make it at home. Stop by for a sneak peek sample of this weeks featured recipe!

Time: Varies – see reverse side
Location: RD Office

September 8, 13

Partners in Caring Sampling
Stop by to try a delicious strawberry smoothie. Taylor is raising money for a wonderful cause - please consider donating!

Time: Varies – see reverse side
Location: RD office

September 12, 19, 26

East Orange Farmers Market
Looking for an opportunity to purchase local produce? Join Taylor at the East Orange Market to learn about your local produce. She will have awesome recipes available!

Time: 2pm – 6pm
Location: East Orange City Hall

September 16

Meet, Move, Mingle (Rain Date)
Join Taylor to get active and learn all about her FREE nutrition services. This event will be held on September 9th. September 16th is the scheduled rain date.

Time: 10am – 3pm
Location: Elmwood Park, East Orange NJ

September 17

Health Fair
Join Taylor to get awesome nutrition information and learn all about her FREE nutrition services. This event will be open to the public!

Time: 1pm – 5pm
Location: 80 Washington Street, West Orange NJ

September 20

Teen Cooking Class
Teens aged 13-17 are encouraged to join Taylor at the library for an interactive cooking class. We will be cooking something yummy!

Time: 5pm – 7pm
Location: East Orange Public Library

September 21

Back to School Event
Taylor will be attending the Bowser Elementary School to teach the children about healthy snacking! Contact Taylor to schedule your private event today.

Time: TBD
Location: Private Event

September 24

Healthy Product Sampling
Taylor is looking forward to providing new items and budget friendly recipes! Stop by to meet your in-store dietitian and to enjoy a tasty sample.

Time: 12pm
Location: RD Office

September 27

Adult Cooking Class
Adults aged 18+ are encouraged to join Taylor at the library for an interactive cooking class. We will be cooking something yummy!

Time: 6pm – 8pm
Location: East Orange Public Library

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Do you have nutrition questions? Are you looking for tips to help your family live a healthier lifestyle? Taylor can help you achieve your goals! She offers FREE one-on-one nutrition consultations, supermarket tours, and community events. Call 973-674-8705 or email taylor.cain@wakefern.com to schedule.

