

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
September is Cholesterol Awareness Month, along with Back to School					1	2
3 Promote In-Store Flu Clinic! (Upcoming)	4 ERfC Meeting off-site 2-3p	5 UCONN Tour Time: 9am-3:30p Location: in-store	6 UCONN Tour Time: 1-3:30p Location: in-store	7	8 Siggis's Yogurt Demo Time: 9 – 11am Location: in-store Shoot with Angela 11am	9
10	11	12	13	14	15 SRPIC Pasta Dinner Time: 4-8p Location: Mt. Carmel	16
17 Enfield Family Day	18 ERfC Meeting off-site 2-3p	19	20 Daiya Back to School Demo Time: 9-11am Location: in-store	21	22 Milk Demo Time: 10am-12pm Location: in-store	23
24	25	26 Help Bag Hunger Time: 9-11a; 4-6p Location: in-store	27 Eversource Convention EHAT Meeting	28	29	30

MONTHLY FOCUS

Snack Smart



DIETITIAN

Michelle Mattia, RDN
Elizabeth Misunas,
Health & Wellness
Coordinator

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“Make your food choices on purpose; not accidentally”
-Michelle

FREE NUTRITION SERVICES



During Michelle’s maternity leave, please contact Elizabeth Misunas directly for personal consultations, store tours, corporate wellness, school-aged field trips and more. All services are FREE to the public. 860-253-4173 or Michelle.Mattia@wakefern.com



EVENT DETAILS

DATE: 9/27
Event Name: Eversouce Convention
 Eversource is hosting an energy nutrition fair and wanted some health professionals to answer questions and give out any demo materials available
 Time: 11:30 am – 2 pm
 Location: Eversource Windsor – 1985 Blue Hills Ave Ext, Windsor, CT

DATE 9/27
Event Name: EHAT Meeting
 End Hunger Action Team (EHAT) meeting once a month
 Time: 2:30p
 Location: Asnuntuck Community College

FREE NUTRITION SERVICES



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 Michelle Mattia, RDN
 Elizabeth Misunas, Health & Wellness Coordinator
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Looking to cut corners at dinner time? Check out our Meal Makers program where all ingredients are measured, portioned and included with little to no waste! Three recipes are offered weekly; see Elizabeth for more info!

