

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Staff In-service Time: 9:00 AM Location: Westminster Nursery School	2
3	4 Happy Labor Day!	5	6	7	8	9
10	11 Senior Center Cooking Demo Time: 12:00 PM Location: Toms River Senior Center Y-Kids Snack Location: West Dover	12 Kids Growing Great Time: 10:30 AM Location: Ocean County Library Toms River Bento Box Program Time: 4:30 PM Location: Ocean County Library Toms River	13 Senior Cooking Demo Time: 11:00 AM Location: Beachwood Community Center Y-Kids Snack Location: North Dover	14 Y-Kids Snack Location: Hooper Ave.	15	16 Barnegat Pirates Day Time: 9:00 AM
17	18 Senior Cooking Demo Time: 3:30 PM Location: Toms River Family Success Center Hispanic Heritage Program Time: 7:00 PM Location: Ocean County Library Plumsted	19 Cooking Demonstration Time: 3:15 PM Location: Health South Rehabilitation	20 Y-Kids Snack Location: Cedar Grove	21	22 Y-Kids Snack Location: Silver Bay	23
24	25 Senior Cooking Demo Time: 11:00 AM Location: The Oaks Y-Kids Snack Location: East Dover	26 Y-Kids Snack Location: Citta Hispanic Heritage Program Time: 6:30 PM Location: Ocean County Library Barnegat	27 Senior Cooking Demo Time: 2:30 PM Location: Barnegat Nursing and Rehab	28	29 Y-Kids Snack Location: Washington St.	30 Kids Cooking Class! Time: 11:00 AM & 1:30 PM Location: ShopRite of Fischer Bay

MONTHLY FOCUS

Snack Smart



DIETITIAN

GIAVONNA CARBONELLO
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FREE NUTRITION SERVICES



ShopRite offers free nutrition services to all customers, associates, and community members. Call Giavonna today for more information or to schedule an appointment!



EVENT DETAILS

<p>Friday, September 1 Staff In-Service Teachers will be educated about common food allergies and special dietary needs of their students. Time: 9:00 AM Location: Westminster Nursery School</p>	<p>Monday, September 11 Senior Cooking Demonstration Attendees will learn how to prepare easy and delicious meals. Not only are they tasty, they are healthy, too! Time: 12:00 PM Location: Toms River Senior Center</p>	<p>Tuesday, September 12 Kids Growing Great Children will read stories and make a healthy snack with Miss Giavonna. Time: 10:30am Location: Ocean County Library Toms River Branch *Please register online at www.theoceancountylibrary.org</p>	<p>Tuesday, September 12 Bento Box Program Teens will learn how to build their own healthy bento boxes! Time: 4:30 PM Location: Ocean County Library Toms River Branch *Please register online at www.theoceancountylibrary.org</p>
<p>Wednesday, September 13 Beachwood Senior Cooking Demonstration Attendees will learn how to prepare easy and delicious meals. Not only are they tasty, they are healthy, too! Time: 11:00 AM Location: Beachwood Community Center</p>	<p>Monday, September 18 Senior Cooking Demonstration Attendees will learn how to prepare easy and delicious meals. Not only are they tasty, they are healthy, too! Time: 3:30 PM Location: Family Success Center Toms River</p>	<p>Monday, September 18 Hispanic Heritage Program Attendees will learn how to create healthy dishes using authentic flavors! Time: 6:30 PM Location: Ocean County Library Plumsted Branch *Please register online at www.theoceancountylibrary.org</p>	<p>Tuesday, September 19 Healthy Cooking Demonstration Attendees will learn how to prepare easy and delicious meals. Not only are they tasty, they are healthy, too! Time: 3:15 PM Location: Health South Rehabilitation</p>
<p>Monday, September 25 Senior Cooking Demonstration Attendees will learn how to prepare easy and delicious meals. Not only are they tasty, they are healthy, too! Time: 11:00 AM Location: The Oaks of Toms River</p>	<p>Tuesday, September 26 Hispanic Heritage Program Attendees will learn how to create healthy dishes using authentic flavors! Time: 6:30 PM Location: Ocean County Library Barnegat Branch *Please register online at www.theoceancountylibrary.org</p>	<p>Wednesday, September 27 Senior Cooking Demonstration Attendees will learn how to prepare easy and delicious meals. Not only are they tasty, they are healthy, too! Time: 2:30 PM Location: Barnegat Nursing and Rehab</p>	<p>Saturday, September 30 Kids Cooking Class! Giavonna will teach children how to create healthy and delicious meals and snacks! Time: 11:00am & 1:30pm Location: ShopRite of Fischer Bay *Please register your child in-store at our courtesy desk. Registration is first come first served. Parents must stay with their children the course of the class. Please indicate any food allergies when signing up. Ages 5-12 years old.</p>

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