

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Back To School Demo Time: 11AM-1PM	2 OFF
3 Office Hours Call to schedule your FREE appointment!	4 OFF	5 Office Hours Call to schedule your FREE appointment!	6 Office Hours Call to schedule your FREE appointment!	7 Associates: Try Something New Thursday! Time: 12PM-2PM	8 OFF	9 OFF
10 OFF	11 Office Hours Call to schedule your FREE appointment!	12 Office Hours Call to schedule your FREE appointment!	13 National Peanut Day! Time: 11AM-1PM	14 Expo East in Baltimore *Out of the Office*	15 Perona Farms Quarterly Meeting Time: 8AM-11AM	16 OFF
17 Partners in Caring Time: 11AM-3PM Healthy Kids Running Series Time: 3:30PM-5:30PM	18 Ronetco Dietitian Meeting 2PM Byram	19 Sandshore Time: TBD MOPL Kids Chopped Time: 7PM-8PM	20 Office Hours Call to schedule your FREE appointment!	21 OFF	22 OFF	23 Well Everyday Celebration: ShopRite of Franklin Time: 10AM-4PM
24 OFF	25 Kids Can Cook Too! Time: 5PM-6PM	26 Office Hours Call to schedule your FREE appointment!	27 Associate Event Wellness Wednesday Time: 11AM-1PM	28 Office Hours Call to schedule your FREE appointment!	29 Dietitian's Pick of the Week! Time: 11AM-1PM	30 OFF

MONTHLY FOCUS

Snack Smart



DIETITIAN

Lydia Maggio
Registered Dietitian

973-252-5160 ext. 173
Lydia.MaggioRD@wakefern.com

"A healthy outside starts from the inside"

-Robert Ulrich

FREE NUTRITION SERVICES



Lydia Maggio, RD is available to come to your scout troop meeting, senior center, firehouse, workplace, sports practice, support group, and more to give FREE nutrition presentations! Contact Lydia today to set up your next event!



EVENT DETAILS

<p>Friday, September 1st</p> <p>Labor Day Demo! Stop by Lydia's table today where she will be sampling the perfect nutritious and delicious snack to serve at your Labor Day picnic!</p> <p>Time: 11AM-1PM</p>	<p>Thursday, September 7th</p> <p>Associate Break Bites Lydia will be in the break room this afternoon with a healthy snack samples for all associates!</p> <p>Time: 11AM-1PM</p>	<p>Tuesday, September 13th</p> <p>National Peanut Day Stop by Lydia's table today where she will be celebrating National Peanut Day with Wholesome Pantry peanut butter!</p> <p>Time: 11AM-1PM</p>	<p>Thursday, September 14th</p> <p>Expo East Lydia will be joining the Ronetco Dietitian's at the Natural Foods Expo East in Baltimore!</p> <p>*out of the office*</p>
<p>Sunday, September 17th</p> <p>Partners in Caring Lydia will be assisting at the ShopRite of Flanders Partners in Caring fundraising event! Stop by and say hi!</p> <p>Time: 11AM-3PM</p>	<p>Sunday, September 17th</p> <p>Healthy Kids Running Series Lydia will be visiting the Healthy Kids Running Series today providing health snacks and recipes to all participants.</p> <p>Time: 3PM-5PM</p>	<p>Tuesday, September 19th</p> <p>Sandshore Elementary School Lydia will be visiting the Sandshore Elementary School to educate the children on healthy eating for a new school year!</p> <p>Time: To Be Determined</p>	<p>Tuesday, September 19th</p> <p>Mount Olive Public Library: Chopped Calling all kids ages 8-12! Join Lydia at the Mount Olive Library for a little cooking competition. Kids will be broken up into teams and compete in a "Chopped" style competition! Space is limited call 973-691-8686 to reserve your spot!</p> <p>Time: 7PM-8PM</p>
<p>Saturday, September 23rd</p> <p>Well Everyday Celebration Lydia will be joining the other Ronetco Dietitians at the ShopRite of Franklin for a sampling event to celebrate Well Everyday!</p> <p>Time: 10AM-4PM</p>	<p>Monday, September 25th</p> <p>Kids Can Cook Too! Come join Lydia for a fun and exciting event for your children to learn about healthy eating and creating a delectable recipe! Call or email Lydia today to sign-up!</p> <p>Time: 5PM-6PM</p>	<p>Wednesday, September 27th</p> <p>Associate Break Bites Calling all associates! Lydia will be in the break room this afternoon with a healthy snack so stop on by and try something new!</p> <p>Time: 11AM-1PM</p>	<p>Friday, September 29th</p> <p>Dietitian's Pick Demo Today Lydia will be sampling a quick and easy dinner option that will please the entire family!</p> <p>Time: 11AM-1PM</p>

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