


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Jersey Fresh Friday! Time: 11am Location: Produce	2 OFF
3 OFF	4 Labor Day 	5 Dietitian Open Hours Time: 10am-4pm	6 Nutrition User Group Time: 9am-1pm Village Main Office	7 Partners in Caring Smoothie Fundraiser Time: 12-2 Location: Bistro	8 Meal of the Week Sampling Time: 12pm Location: Deli near Meal of the Week case	9 OFF
10 OFF	11 QA Tour Out of Store 9am-12pm Location: Wakefern Corp.	12 After School Snack Ideas Time: 12pm Location: Center Aisle	13 Meal of the Week Sampling Time: 12pm Location: Deli near Meal of the Week	14 OFF	15 Family Meals Month Ideas Time: 1pm Location: Front End of Store	16 Smart Snacking Sampling Time: 11-2pm Location: Front End of Store
17 OFF	18 Health Warrior Health Bar Sampling Time: 11:30-2:30 Location: Front end of store	19 Meal of the Week Sampling Time: 12pm Location: Deli near Meal of the Week case	20 Bag for Hunger Fundraiser Time: TBD Location: Checkout Lanes	21 Dietitian Open Hours Time: 12-6pm	22 OFF	23 Wellness End Cap Sampling Time: 11-2pm Location: Front end of store
24 Healthier Tailgate Snacks Sampling Time: 11-2pm Location: Front End of Store	25 Smart Snacking Sampling Time: 12pm Location: Center Aisle	26 OFF	27 Dietitian Open Hours Time: 11am-2pm	28 Mayor's Wellness Senior Store Tour 10:30am Meal of the Week Sampling Time: 3pm	29 TBD	30 OFF



FREE NUTRITION SERVICES



Victoria is available to partner with organizations in the local community for free nutrition lectures, health fairs, and other programming. Call or email Victoria to schedule!

MONTHLY FOCUS

Snack Smart



DIETITIAN

Victoria Coglianese, RDN
Registered Dietitian
Nutritionist

908-654-0803
Victoria.Coglianese@wakefern.com

"I have a passion for making healthy eating easy and fun as well as helping people heal their gut & digestive issues. I would love to speak with you!"

-Victoria



EVENT DETAILS

ShopRite Partners in Caring

This annual community- based hunger-fighting initiative works with over 50 food industry manufacturers to give to qualified charitable agencies.
<http://shopritepartnersincaring.org/>

Tuesday, September 7th
 Time: 12-2
 I'll be making smoothies for \$1+ donation!

Wednesday, September 20th
 Time: TBD
 Our local leaders will be here bagging your groceries at checkout!

Tuesday, September 12th After School Snack Ideas

Get some healthy snack inspiration & try samples!

Time: 12pm
 Location: Center aisle of store

Friday, September 15th Family Meals Month Ideas

Celebrate this September with your family or friends around the dinner table. Stop by for recipe & meal creation ideas!

Time: 1pm
 Location: Front end of store



Monday, September 11th QA Tour

Victoria will be touring one of Wakefern's facilities to learn about how we select the finest seafood as well talk with food scientists!

Time: Out of Store 9am-12pm
 Location: Wakefern Corp.

Monday, September 18th Health Warrior Bar Sampling

This vendor will be here offering free samplings of these real, superfood ingredient bars!



Time: 11:30-2:30
 Location: Front end of store

Saturday, September 23rd Wellness End Cap Sampling

Victoria will be sampling a snack item from the Wellness End Cap found at the end of aisles 1&2.

Time: 11am-2pm
 Location: samples at front end of store

Sunday, September 24th Healthier Tailgate Snacks Sampling

Kick off this football season with healthier recipes & grab a sample too!

Time: 11am-2pm
 Location: Front end of store



Thursday, September 28th Mayor's Wellness Senior Store Tour

As part of Mayor Lombardo's "Mayor's Wellness" Initiative, Victoria will lead a healthy food & tasting tour throughout the store for senior citizens!

Time: 10:30am
 Location: Meet at customer service

Victoria offers FREE nutrition counseling, store tours, community events, and more! See Customer Service to schedule an appointment.

FREE NUTRITION SERVICES



DIETITIAN
Victoria Coglianese, RDN
 Registered Dietitian Nutritionist
 908-654-0803
 Victoria.Coglianese@wakefern.com

- ❖ Our Well Everyday campaign this month is **SMART SNACKING!** Take a look around the store and find a bunch of wellness tips!
- ❖ Commit to at least three family meal each week. More meals together is associated with healthier behaviors in children. *Raise your Mitt to Commit!* [#FamilyMealsMonth](#)

