


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Jersey Fresh Friday 1:00 pm Shoprite of Hammonton	2
3	4 	5	6 Nutrition User Group (out of office)	7 Out of Office (Landis)	8 Meal of the Week 12:00 pm Shoprite of Hammonton	9
10 Partners in Caring Strawberry Smoothie 10:30 am Shoprite of Hammonton	11 (Out of Office) Facilities Q&A Tour	12 Out of Office (Landis)	13 Family Meal Tasting 12:00 pm Shoprite of Hammonton	14	15	16
17	18 Out of Office (Landis)	19 Well Everyday Smart Snacking Demo 1:00 pm Shoprite of Hammonton	20 Out of Office (Landis)	21	22	23 Partners in Caring Strawberry Smoothie 10:30 am Shoprite of Hammonton
24 Out of Office (Landis)	25 Meal of the Week 1:00 pm Shoprite of Hammonton	26	27 Well Everyday Tailgate Snacking Demo 1:00 pm Shoprite of Hammonton	28	29 Out of Office (Vineland Family Success Center Health Fair)	30

MONTHLY FOCUS

Snack Smart



DIETITIAN

ASHLEY BANNISTER, MS, RD

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“You are a perishable item, live like one.”

FREE NUTRITION SERVICES



Do you have nutrition questions or concerns? Are you looking for tips to help you and your family live a healthier lifestyle? Ashley can help you achieve your goals through **FREE** one-on-one in store nutrition counseling by appointment, cooking classes and nutrition lessons, grocery store tours, or nutrition focused community events! Call 609.567.3792 or email Ashley.Bannister@Wakefern.com to schedule an appointment, group store tour, or request an event!



EVENT DETAILS

Friday, September 1
Jersey Fresh Friday

Join me in the store to sample a recipe featuring locally grown Jersey Fresh produce! This week's recipe features a corn and tomato pasta.

Time: 1:00 pm
 Location: Shoprite of Hammonton

Friday, September 8
Meal of the Week

Join me in the store for a quick heathy meal sample. Each week we feature a new delicious, nutritious, and simple family meal recipe to keep your family happy and healthy. This week's meal features a grilled burger and veggie foil packet! All ingredients for the recipe can be found in the dietitian's meal case located in the produce dept.

Time: 12:00 pm
 Location: Shoprite of Hammonton

Sunday, September 10

Partners in Caring Strawberry Smoothie
 Join me in the store to sample a delicious strawberry smoothie. \$1 donations are recommended per smoothie, all proceeds go to the partners in caring fundraising efforts.

Time: 10:30 am
 Location: Shoprite of Hammonton

Wednesday, September 13

Family Meal Tasting
 Join me in the store for a quick heathy meal sample. Each week we feature a new delicious, nutritious, and simple family meal recipe to keep your family happy and healthy. This week's recipe features pan-seared salmon and freekah salad. All ingredients for the recipe can be found in the dietitian's meal case located in the produce dept.

Time: 12:00 pm
 Location: Shoprite of Hammonton

Tuesday, September 19

Well Everyday Smart Snacking Demo
 Snacking can promote good health and general well-being. Join me in the store for a quick and healthy snack suggestion that will keep your energy levels up between meals.

Time: 1:00 pm
 Location: Shoprite of Hammonton

Saturday, September 23

Partners in Caring Strawberry Smoothies
 Join me in the store to sample a delicious strawberry smoothie. \$1 donations are recommended per smoothie, all proceeds go to the partners in caring fundraising efforts.

Time: 10:30 am
 Location: Shoprite of Hammonton

Monday, September 25

Family Meal Tasting
 Join me in the store for a quick heathy meal sample. Each week we feature a new delicious, nutritious, and simple family meal recipe to keep your family happy and healthy. This week's recipe features steak fajita bowls. All ingredients for the recipe can be found in the dietitian's meal case located in the produce dept.

Time: 1:00 pm
 Location: Shoprite of Hammonton

Wednesday, September 27

Well Everyday Tailgate Snacking Demo
 With football season fast approaching, join me in the store to sample a quick and easy nutritious snack for your tailgating festivities!

Time: 1:00 pm
 Location: Shoprite of Hammonton

FREE NUTRITION SERVICES



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