

Janson Family ShopRite of Hauppauge



September 2017
Theme: Smart Snacking



Annemarie Miller, RDN

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
27		28	Healthy Cooking Class for Adults  <i>(Sign-up required)</i> 7 pm	29	Healthy Cooking Class for Adults  <i>(Sign-up required)</i> 7 pm	30	Healthy Brown Bag Lunch Demo 11:30 am - 1 pm	31		1	By Appt. Only 9 - 10 am And 2 - 4:30 pm	2	Health Fair at Washington Ave. Church <i>(Open to the Public)</i> 10am - 2pm
3		4	Quick and Easy Labor Day Demo 12 - 2pm HAPPY LABOR DAY	5	After School Snack Demo 11 am - 1 pm By Appt. Only 4 - 5 pm	6	By Appt. Only 1 - 4 pm And 6:30 pm	7	Kids' Healthy Baking Class <i>(Sign-up required)</i> 4:30 pm  By Appt. Only 6 - 7 pm	8		9	<i>Did you know?</i> Almonds, Cashews, and pistachios are the lowest-calorie nuts, with 160 calories per ounce.
10		11	<i>Did you know?</i> A serving of popcorn is 3 cups, and provides 15% of your daily recommended fiber!	12	Healthy Kids Class 6 of 6 <i>(Sign-up required)</i>  4:30pm	13	By Appt. Only 1 - 4 pm And 6:30 pm	14	Nutrition Talk at the Arbors Haupp. <i>(Private Event)</i> 3pm	15	"Nuts" for Healthy Snacking Demo 12 - 2 pm By Appt. Only 3 - 4 pm	16	Kids Snack 'n' PAINT <i>(Sign-up req.)</i> 3:30pm 
17	Long Island Heart Walk at Jones Beach <i>(Open to the public)</i> 8:30 am - 12:30 pm	18		19	By Appt. Only 12 - 3 pm And 5 - 6:30 pm	20	"Fall Fruits and Veg. and their Health Benefits" Talk at Haupp. Library <i>(Open to Seniors)</i> 3pm	21	On the go Snack Demo 11 am - 1 pm By Appt. Only 3 - 4 pm	22	"Young at Heart" Nutrition Talk at St. Thomas Moore Church <i>(Private)</i> 1pm	23	
24	<i>Did you know?</i> You can compare your snacks at: https://www.suprtracker.usda.gov/foodapedia.asp ☒	25	Healthy Cooking Class for Adults  <i>(Sign-up required)</i> 7 pm	26	Healthy Cooking Class for Adults  <i>(Sign-up required)</i> 7 pm	27	Nutrition Talk at Sunrise of Smithtown <i>(Private)</i> 1pm Kids Event at Haupp. Library <i>(Open to Grades K thru 5)</i> 6:30- 7:15pm	28		29	Check out new items in the "Dietitian's Picks" section in produce!	30	Fall Produce Demo 12 - 2 pm By Appt. Only 2 - 4:30 pm

Please note that all office hours and dates/times of appointments and events are subject to change without notice if absolutely necessary.

To sign-up for one of this month's free classes/walking club, or to schedule a free appointment or group event (on or off-site) please call: (631) 979-0110 ext. 3001, email Annemarie.Miller@wakefern.com or see Annemarie in person. Please register for library programs at <http://hauppaugelibrary.org/>.