


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

MONTHLY FOCUS

Snack Smart



DIETITIAN

Ashley Bannister, MS, RDN
Retail Dietitian

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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

Thursday, September 7

Meal of the Week

Join me in the store for a quick healthy 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: 1:00 pm

Location: Shoprite of Landis

Tuesday, September 12

Family Meal Tasting

Join me in the store for a quick healthy 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: 1:00 pm

Location: Shoprite of Landis

Wednesday, September 20

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 Landis

Sunday, September 24

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: 11:00 am

Location: Shoprite of Landis

Friday, September 29

Family Success Center Health Fair

Event Details TBD

Location: Vineland Family Success Center

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