

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Jersey Fresh Friday! Time: 2-4pm	2 Off
3 Off	4 Labor Day	5 Dietitian's Choice Demo Time: 1-3pm	6 Nutrition User Group Time: 9am-1pm Village Main Office	7 Off	8 Associate Inside Look Time: 11am-2pm	9 Meal of the Week Demo Time: 12-2pm
10 (WELL)ness Endcap Sample Time: 12-2pm	11 Associate Family Meals Challenge Starts	12 Off	13 Back to School Nutrition Survival Guide Time: 10-11am Location: Library	14 Meal of the Week Demo Time: 3-5pm	15 Partners in Caring Strawberry Smoothies Time: 1-3pm	16 Off
17 Off	18 Family Meals Challenge Week 2 Welcome Picnic Time: 5:30-7:30pm Location: 204 Hillside	19 Partners in Caring Strawberry Smoothies Time: 1-3pm	20 Cardiac Rehab Food Event Time: 10am-12pm Location: St. Barnabas	21 Better For You Sample Time: 12-2pm	22 Meal of the Week Demo Time: 1-3pm	23 Off
24 Hometown Hero's Community Food Allergen Walk Time: 9am Location: The Oval	25 Associate Family Meals Week 3	26 Tailgate Snacks Time: 3-5pm	27 Active Aging Time: 10am-12pm Location: 204 Hillside Ave	28 Off	29 Meal of the Week Demo Time: 12-2pm	30 Off

MONTHLY FOCUS  
Snack Smart



DIETITIAN

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“Heading back to school can be a stressful time, don’t sacrifice your health. Questions on how to keep your nutrition goals? Come see me to stay on track.”

-Elle

FREE NUTRITION SERVICES



September is Family Meals Month! Did you know frequent family meals increase self-esteem, sense of wellbeing, positive social behaviors, and stronger family connections? Celebrate Family Meals Month by committing to sitting down to dinner as a family four times per week!



EVENT DETAILS

<p><b>Friday the 1st</b>  <b>Jersey Fresh Friday</b>                  Come sample the last Jersey Fresh Friday recipe this summer! Enjoy a healthy and tasty recipe made with fresh AND local produce.</p> <p>Time: 2-4pm</p>	<p><b>Tuesday the 5<sup>th</sup></b>  <b>Dietitian's Choice Demo</b>                  What are Elle's favorite products in store? Come and find out!</p> <p>Time: 1-3pm</p>	<p><b>The 9<sup>th</sup>, 14<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup></b>  <b>Meal of the Week Demo</b>                  Come sample the Helping Families Eat Better Meal of the Week! Created by your in-store Registered Dietitian's, this meal is a complete and easy option to try making at home</p> <p>Time: Times vary see detailed calendar</p>	<p><b>Sunday the 10<sup>th</sup></b>  <b>(WELL)ness Endcap Sample</b>                  Try an item featured on our Health and Wellness Endcap this month! The item was taste-tested and selected by our associates in the store.</p> <p>Time: 12-2pm</p>
<p><b>Monday the 11<sup>th</sup></b>  <b>Associate Family Meal Month Challenge</b>                  It is family meals month, so Elle is putting our associates to the challenge! They will be encouraged to make home-made meals and eat family dinners for three weeks this month.</p>	<p><b>Wednesday the 13<sup>th</sup></b>  <b>Back to School Nutrition Guide</b>                  Don't sacrifice health this school year. Register at the library to learn tips and tricks for nutritious lunches and snack ideas!</p> <p>Time: 10-11am                  Location: Livingston Library</p>	<p><b>Friday the 15<sup>th</sup></b>  <b>Partners in Caring Smoothies</b>                  Elle will be making Strawberry Smoothies to raise donations for Partners in Caring!</p> <p>Time: 1-3pm</p>	<p><b>Monday the 18<sup>th</sup></b>  <b>Welcome Picnic</b>                  Elle is attending Livingston's Welcome Picnic for new members in the community. Stop by her table to learn about healthy eating and more about her services offered at ShopRite.</p> <p>Time: 5:30-7:30pm                  Location: 204 Hillside Ave</p>
<p><b>Wednesday the 20<sup>th</sup></b>  <b>Cardiac Rehab Food Event</b>                  Healthy tailgating snacks? Is there even such a thing? Elle has made nutritious and delicious appetizers to enjoy watching any game.</p> <p>Time: 10-12pm                  Location: St. Barnabas Cardiac Rehab Center</p>	<p><b>Thursday the 21<sup>st</sup></b>  <b>Better for You Sample</b>                  Elle will be sampling Turkey Meatloaf prepared by The Village Food Garden. An easy, nutritious, and ready to eat option available all month!</p> <p>Time: 12-2pm</p>	<p><b>Sunday the 24<sup>th</sup></b>  <b>Hometown Hero's Community Allergen Walk</b>                  Elle is holding a table at the walk to discuss top allergen free products and healthy alternatives.</p> <p>Location: The Oval</p>	<p><b>Wednesday the 27<sup>th</sup></b>  <b>Active Aging</b>                  Elle will be at the Adult and Senior Enrichment Center with a table of nutrition information on aging!</p> <p>Time: 10-12pm                  Location: 204 Hillside Avenue</p>

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Looking for nutrition guidance or support?  
 Schedule a FREE consultation or community event today!

