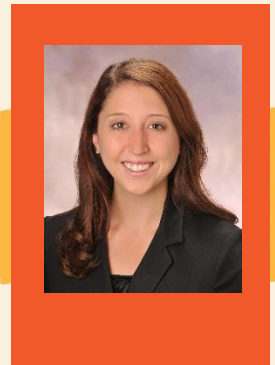


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 OFF	2 RD in the Aisles Time: 8:30am-4:30pm Location: ShopRite of Manchester
3	4 Happy Labor Day! (off)	5 Family Success Center Cooking Class Time: 5pm-6:30pm Location: Barnegat	6 TOPS Meeting Presentation Time: 11am-12pm Location: Crestwood Village VI	7 Free Yoga Classes Time: 11am, 2pm, 6:30pm Location: ShopRite of Jackson	8 Office Hours Time: 1pm-5pm Location: ShopRite of Manchester	9
10	11 Pinelands Reformed Church Demo Time: 10:30am Lake Ridge Singles Club Demo Time: 1pm	12 Lakewood Library Healthy Cooking for Kids! Time: 6:00pm Location: Lakewood Library	13 Snack Smart In-store Demo Time: 12am-2pm Location: ShopRite of Jackson	14 Free Yoga Classes Time: 11am, 2pm, 6:30pm Location: ShopRite of Jackson	15 OFF	16 Kids Yoga Time: 10am Location: ShopRite of Jackson
17	18 Spanish Tapas! Time: 6:30pm Location: Manchester Library	19 Sea Breeze Fall Cooking Class 2pm-3pm Lacey Family Success Center Cooking Class 5pm-6:30pm Barnegat	20 OFF	21 Free Yoga Classes Time: 11am, 2pm, 6:30pm Location: ShopRite of Jackson	22 Kids Cooking Classes Time: 4pm & 6pm Location: ShopRite of Lacey	23 Kids Cooking Class Time: 10am & 12pm Location: ShopRite of Jackson
24	25 Snack Smart In-store Demo Time: 12pm-2pm Location: ShopRite of Manchester	26 Teen Cuisine: Spanish Snacks & Desserts Time: 6:30pm Location: Jackson Library	27 Spanish Cuisine Time: 2pm Location: Jackson Library	28 Free Yoga Classes Time: 11am, 2pm, 6:30pm Location: ShopRite of Jackson	29 Girl Scouts Store Tour Time: 4:30pm-5:30pm Location: ShopRite of Jackson	30

MONTHLY FOCUS

Snack Smart



DIETITIAN

Jennifer Klein
MS, RD

Voice Mail:
(732) 341-0700 ext. 57

Store Phone:
(732) 657-0700

FREE NUTRITION SERVICES



EVENT DETAILS

Tuesday, September 5 and 19
 Oasis Family Success Center:
 Cooking with Kids
 Jennifer will join Oasis to lead families in a hands-on cooking class!

Time: 5:00pm
 Location: St. Mary's Parish, Barnegat NJ

Wednesday, September 6
 TOPS Cooking Demo
 Jennifer will join TOPS participants and demonstrate how to prepare a diabetic friendly meal!

Time: 11am
 Location: Crestwood Village V1

Monday, September 11
 Pinelands Reformed Church Cooking Demo
 Jennifer will be demonstrating how to prepare a hearty and healthy salad.

Time: 10:30am
 Location: Pinelands Reformed Church

Monday, September 11
 Lake Ridge Singles Club Cooking Demo
 Jennifer will demonstrate a simple meal for one!

Time: 1:00pm
 Location: Lake Ridge Club House

TUESDAY, September 12
 Kids Snack Program

Library participants will learn how to make a healthy snack in this hands on program!

Time: 6:00pm
 Location: Lakewood Library

Wednesday, September 13
 Snack Smart In-Store Demo
 Stop by for a taste of something new and pick up some recipes and ideas for simple snacks!

Time: 12pm-2pm
 Location: ShopRite of Jackson

Saturday, September 16
 FREE Kids Yoga Class
 Learn simple poses and have fun during our Kids yoga!

Time: 10am
 Location: ShopRite of Jackson! Registration Required. Please register at the courtesy booth (classes are targeted towards ages 4-10 years old)

Various Dates:
 Ocean County Library: Hispanic Heritage Spanish Tapas Cooking Demo
 9/18 - Manchester Branch | 6:30pm
 9/26 - Jackson Branch (teens) | 6:30pm
 9/27 - Jackson Branch | 2:00pm

Friday, September 22
 Kids Cooking Class
 Join us for a free hands-on cooking class for kids!

Time: 4:00pm or 6:00pm
 Location: ShopRite of Lacey
 *Registration Required. Please register at the courtesy booth

Saturday, September 23
 Kids Cooking Class
 Join us for a free hands-on cooking class for kids!

Time: 10am or 12pm
 Location: ShopRite of Jackson
 *Registration Required. Please register at the courtesy booth

Monday, September 25
 Snack Smart In-Store Demo
 Stop by for a taste of something new and pick up some recipes and ideas for simple snacks!

Time: 12pm-2pm
 Location: ShopRite of Manchester

Every Thursday!
 FREE Adult Yoga Classes

Join Jennifer Klein, certified Yoga instructor for a FREE yoga Class!

Time: 11am, 2pm or 6:30pm
 Location: ShopRite of Jackson! Registration Required. Please register at the courtesy booth

FREE NUTRITION SERVICES



DIETITIAN
Jennifer Klein
 MS, RD

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