

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Nutrition Counseling Available by Appointment	2
3	4 Stamp Out Hunger 5k Run/1 Mile Walk for PIC Time: Registration at 7:15am Race/walk starts at 8:30 am Location: Medford Municipal Building	5	6 Nutrition Counseling Available by Appointment	7 Nutrition Counseling Available by Appointment	8 Associate Wellness Day Time: 11am - 2pm Location: Employee Break Room	9
10 Smoothie Sunday! Time: 10am-2pm Location: TBD	11	12 Nutrition Counseling Available by Appointment	13 Kids Can Cook Time: 4pm Location: Pinelands Library	14 Nutrition Counseling Available by Appointment	15 Nutrition Counseling Available by Appointment	16 Gluten Free Festival Time: 11:00 - 3:00pm Location: In- store
17	18 Adult Culinary Workshop Time: 6:30 - 8:30pm Location: In-store Cafe	19 Weight Loss Support Group Time: 6pm Location: Conference Room	20 Nutrition Counseling Available by Appointment	21 Nutrition Counseling Available by Appointment	22 Back to School Snacking Time: 10am - 1pm Location: Grocery Dept.	23
24	25 Kids Culinary Workshop Time: 5:00 - 7:00pm Location: In-store Cafe	26 Snack Attack Time: 4pm Location: Pinelands Library	27 Nutrition Counseling Available by Appointment	28 Quick Dinner Ideas Store Tour Time: 11:00am - 12:00pm Location: In-Store	29 Pemberton Twp. Employee Wellness Fair Time: 1:30 - 4:30 Location: Pemberton Twp. Municipal Court Building	30



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FREE NUTRITION SERVICES

- Nutrition Counseling
- Community Events
- Store Tours
- Health Screenings
- Kids' Nutrition Education Programs



EVENT DETAILS

Monday, September 4th, 2017

Stamp Out Hunger 5k/1 Mile Run/ Walk to raise money and awareness for Partners In Caring, a community based, hunger fighting initiative.

Time: Registration at 7:15am

Location: Medford Municipal Building

Pre-register at Customer Service or online at <http://zalliesfreshkitchen.com/stamp-out-hunger-5k-2017/>

Saturday, September 16th, 2017

Gluten Free Festival

The dietitians are hosting an event in honor of National Celiac Awareness Day! Come to the store to sample some of our favorite Gluten Free items.

Time: 11:00am - 2:00pm

Location: Throughout the store

Monday, September 25th, 2017

Kids Culinary Workshop

“World of Snacks”

Your munchkin will discover global healthy snacks from salty to savory! Sign up at our Customer Service Desk or online at ZalliesFreshKitchen.com

Time: 5:00pm- 7:00pm

Location: In-store Café

Cost: \$20

Friday, September 8th, 2017

Associate Wellness Day

Associates, join the dietitians in the breakroom for a nutritious treat!

Time: 11:00am - 2:00 pm

Location: Breakroom

Monday, September 18th, 2017

Adult Culinary Workshop

“Love Your Leftovers”

Need leftover inspiration? We’ve got delicious solutions! Sign up at our Customer Service Desk or online at ZalliesFreshKitchen.com

Time: 6:30 - 8:30pm

Location: In store Café

Cost: \$20.00

Tuesday, September 26th, 2017

Snack Attack

Hey Kids! Join the dietitians to learn about healthy eating. We’ll also make a nutritious snack! Sign up required online at www.bcls.lib.nj.us

Time: 4:00pm

Location: Pinelands Library

Sunday, September 10th, 2017

Smoothie Sunday!

The dietitians will be serving up tasty smoothies to raise money for ShopRite’s Partners In Caring charity to help feed the hungry.

Time: 10:00am-2:00pm

Location: ShopRite of Medford

Tuesday, September 19th, 2017

Weight Loss Support Group

Join us at our monthly meeting and get encouraged on your wellness journey!

Time: 6:00pm

Location: Conference room in store

Thursday, September 28, 2017

Quick Dinner Ideas Store Tour

Back to school = Back to Busy!

Sign up at Courtesy to gain tips and tricks that will help you get dinner on the table in a flash!

Time: 11:00am - 12:00pm

Location: Meet at Courtesy

Wednesday, September 13th, 2017

Kids Can Cook

Hey Kids! Join the dietitians to learn about healthy eating. We’ll also make a nutritious meal! Sign up required online at www.bcls.lib.nj.us

Time: 4:00pm

Location: Pinelands Library

Friday, September 22nd, 2017

Back to School Snacking demo

Sample smart, energizing back to school snack ideas!

Time: 10:00am - 1:00 pm

Location: Grocery Dept.

Friday, September 29, 2017

Pemberton Twp. Employee Wellness Fair

The dietitians will be visiting the municipality to answer any burning nutrition questions.

Time: 1:30pm - 4:30pm

Location: Pemberton Twp. Municipal Court Bldg.



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