

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Well Everyday Go H2O Demo In-store 3pm – 5pm	2 Rutgers Dorm Move in Event 9am-3pm (Private event)
3 OFF	4 OFF	5	6 Out of Office Nutrition User Group	7 Produce Pick Demo In-store 3pm – 5pm	8 Senior Nutrition Workshop 2pm-3pm (Private event)	9 OFF
10 OFF	11	12 Wellness Week @ Rutgers Healthcare (Private event)	13 Well Everyday Snack Smart Demo In-store 4pm – 6pm	14 OFF	15 Well Everyday Snack Smart Demo In-store 3pm – 5pm	16 Girl Sport Event 10am– 1pm
17 Well Everyday Snack Smart Demo In-store 12pm – 2pm	18	19 Produce Pick Demo In-store 12pm – 2pm	20 OFF	21 OFF	22 Associate Wellness Event Employee Breakroom 11:30am – 2pm	23 OFF
24 OFF	25 Well Everyday Snack Smart Demo In-store 4pm – 6pm	26	27	28 Newark Culture of Health Conference @NJIT 8am– 3pm	29 Eyes Like Mine Health Fair 11am– 4pm	30 OFF

MONTHLY FOCUS  
Snack Smart



DIETITIAN

**Leah Gorham, RDN**  
Registered Dietitian  
Nutritionist

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“Every journey begins with a single step.”

-Maya Angelou

FREE NUTRITION SERVICES



Individual Nutrition Counseling | Menu Ideas & Recipe Makeovers | In-Store Health Screenings & Advice  
Individual & Group Store Tours | Cooking Demos| Kids’ Events | Community Health & Wellness Programs

Call to schedule your FREE consultation today!



EVENT DETAILS

**Friday, September 1<sup>st</sup>**  
**Well Everyday Go H2O Demo**  
 Join Leah for delicious samples to help you stay hydrated all summer long!

**Time: 3:00 PM – 5:00 PM**  
**Location:** Produce department

**Saturday, September 2<sup>nd</sup>**  
**Rutgers Move-in Day Event**  
 ShopRite of Newark will now be delivering groceries to Rutgers dorms! Leah will be at this event providing healthy tips for college life to students moving into the dorms.  
**Time: 9:00 AM – 3:00 PM**  
**Location:** Rutgers Newark

**Thurs, Sept 7<sup>th</sup> & Tues, Sept 19<sup>th</sup>**  
**Produce Picks!**  
 School may have started, but summer produce is still going strong in September! Stop by Leah's table for a delicious sample.  
**Thurs, Sept 7<sup>th</sup>: 3:00 – 5:00 PM**  
**Tues, Sept 19<sup>th</sup>: 12:00 – 2:00 PM**  
**Location:** Produce Department

**Friday, September 8<sup>th</sup>**  
**Senior Nutrition Workshop**  
 Leah is visiting St. Mary's Villa for a workshop on healthy living for seniors.  
**Time: 2:00 – 3:00 PM**  
**Location:** St Mary's Villa, Newark  
 \*Private event

**Tuesday, September 12<sup>th</sup>**  
**Wellness Week @ Rutgers Behavioral Health**  
 Leah will be providing nutrition education lessons to groups of children and adolescents at Rutgers University Behavioral Health program.  
 \*Private event

**Weds, Sept 13<sup>th</sup>, Friday, Sept 15<sup>th</sup>, Sunday, Sept 17<sup>th</sup> & Mon, Sept 25<sup>th</sup>**  
**Well Everyday Snack Smart Demos**  
 Join Leah for delicious samples of smart snacks for any time of the day!  
**9/13 & 9/25: 4:00 – 6:00 PM**  
**9/15: 3:00 – 5:00 PM**  
**9/17: 12:00 – 2:00 PM**  
**Location:** Varies in-store

**Saturday, September 16<sup>th</sup>**  
**Boys and Girls Club of Newark's Girl Sport Event**  
 Leah will be providing hands-on nutrition education to girls at this event.  
**Time: 10:00 AM – 1:00 PM**  
**Location:** Weequahic Park, Newark  
**For more information call the Boys and Girls Club at 973-242-1200**

**Friday, September 22<sup>nd</sup>**  
**Associate Exclusive Event**  
 Calling all associates! Stop by the break room to learn how to Snack Smart and for samples!  
**Time: 11:30 AM – 2:00 PM**  
**Location:** Break room

**Thursday, September 28<sup>th</sup>**  
**Newark Culture of Health Conference**  
 Leah is attending this conference to gather and work with community leaders, organizations, and health institutions to build a Culture of Health in Newark.  
**Time: 8:00 AM – 3:00 PM**  
**Location:** NJIT Campus Center, Newark  
 \*Free to register until spaces are filled\*

**Friday, September 29<sup>th</sup>**  
**Eyes Like Mine Resource & Health Fair**  
 Leah will be providing nutrition tips at this health fair. All are welcome!!  
**Time: 11:00 AM – 4:00 PM**  
**Location:** City Hall, 920 Broad Street, Newark

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