

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|--|--|---|---|--|---|--|
|  |  |   |   |  | 1<br>Office Hours<br>Managers Meeting<br>2:30   | 2  |
| 3  | 4<br>Labor Day                                       | 5<br>Office Hours   | 6<br>Office Hours   | 7<br>Hydration Station<br>12:30PM-2:30PM<br>ShopRite of Newton | 8<br>Backpack Screen with<br>Kessler Rehabilitation<br>11:00AM-2:00PM<br>ShopRite of Newton | 9  |
| 10   | 11<br>Dietitian's Pick<br>11-1<br>ShopRite of Newton | 12<br>Office Hours  | 13<br>Scarc Health Fair<br>7:30-3:30<br>Scarc, Newton, NJ       | 14<br>Natural Products Expo<br>East<br>8-5<br>Maryland, NJ     | 15<br>Quarterly Meeting at<br>Perona Farms<br>7:30-9:30<br>Office Hours                     | 16   |
| 17   | 18<br>Snack Smart<br>11-1<br>ShopRite of Newton      | 19<br>Produce Pick<br>2:00PM-4:00PM<br>ShopRite of Newton | 20<br>Cooking with Coupons<br>5-7<br>Manna House, Newton,<br>NJ | 21<br>Office Hours   | 22  | 23<br>Well Everyday Event<br>10-4<br>ShopRite of Franklin              |
| 24<br>Breakroom Bites<br>10-11<br>12-1<br>ShopRite of Newton | 25   | 26  | 27<br>Office Hours  | 28<br>Produce Pick<br>10:30-12:30<br>ShopRite of Newton        | 29<br>Office Hours  | 30<br>Vernon Health Fair<br>Time:<br>St. Francis Church,<br>Vernon, NJ |

### MONTHLY FOCUS

Snack Smart



DIETITIAN

**Natalie Barbaro, RD**

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### FREE NUTRITION SERVICES



**EVENT DETAILS**

|   |   |  |  |
|---|---|--|--|
| <p><b>September 7<sup>th</sup></b><br/>Hydration Station</p> <p>Are you getting bored of drinking the same things to stay hydrated? Find Natalie in the aisles where she will be demoing a new product!</p> | <p><b>September 8<sup>th</sup></b><br/>Backpack Screen with Kessler Rehabilitation</p> <p>Come to the ShopRite of Newton and speak with a physical therapist about the proper way for your child to wear their backpack to prevent injury. Natalie will be providing handouts and recipes to help make your child's lunchbox more nutritious!</p> | <p><b>September 11<sup>th</sup></b><br/>Dietitian's Pick</p> <p>Find Natalie in the aisles where she will be demoing a new product! Coupons will be provided!</p>                                      | <p><b>September 13<sup>th</sup></b><br/>Scarc Health Fair (Closed Event)</p> <p>Natalie will be at the Scarc Health Fair providing information on added sugar and answering nutrition questions.</p> |
| <p>12:30PM-2:30PM<br/>ShopRite of Newton</p>  | <p>11:00AM-2:00PM<br/>ShopRite of Newton</p>  | <p>11:00AM-1:00PM<br/>ShopRite of Newton</p>   | <p>8:00AM-3:00PM<br/>Scarc, Newton, NJ</p>   |
| <p><b>September 14<sup>th</sup></b><br/>Natural Products Expo</p> <p>Natalie will be joining the other dietitians in Maryland, NJ to learn about new products to better help meet customers' needs.</p>     | <p><b>September 18<sup>th</sup></b><br/>Snack Smart</p> <p>Learn about a new product to help make your snacking choices easier and healthier!</p>   | <p><b>September 19<sup>th</sup></b><br/>Produce Pick</p> <p>Come to the produce department and try this week's produce pick! Recipes will be provided.</p>   | <p><b>September 20<sup>th</sup></b><br/>Cooking with Coupons</p> <p>Natalie will be joining the other dietitians will be showing low-income families how to prepare healthy meals on a budget.</p>   |
| <p>8:00AM-5:00PM<br/>Maryland, NJ</p>   | <p>11:00AM-1:00PM<br/>ShopRite of Newton</p>  | <p>2:00PM-4:00PM<br/>ShopRite of Newton</p>  | <p>5:00PM-7:00PM<br/>Manna House, Newton, NJ</p>   |
| <p><b>September 23<sup>rd</sup></b><br/>Well Everyday Event</p> <p>Natalie will be joining the other dietitians in preparing cooking demonstrations. Coupons and recipes will be provided.</p>              | <p><b>September 28<sup>th</sup></b><br/>Produce Pick</p> <p>Come to the produce department and try this week's produce pick! Recipes will be provided.</p>  | <p><b>September 30<sup>th</sup></b><br/>Vernon Health Fair</p> <p>Natalie will be in Vernon, NJ for an annual health fair answering nutrition related questions and provided coupons and handouts.</p> |  |
| <p>10:00AM-4:00PM<br/>ShopRite of Newton</p>  | <p>10:30AM-12:30PM<br/>ShopRite of Newton</p>   | <p>10:00AM-2:00PM<br/>ShopRite of Newton</p>   |  |

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