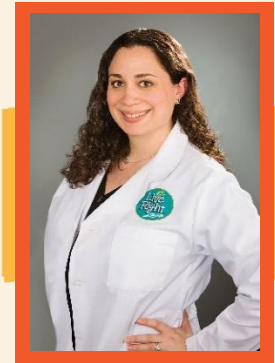


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6 <b>Apple-licious!</b> Time: 1-3p Location: Culinary area	7	8 <b>Well Everyday Demo</b> Time: 10a-1p Location: Culinary area	9
10	11 <b>Meal Planning/Prep Class</b> Time: 630-8p Location: Culinary area	12 <b>Produce Pick</b> Time: 11a-1p Location: Culinary area	13 <b>Kids Snacks for Autumn</b> Time: 4-5pm Location: Culinary area	14 <b>Well Everyday Demo</b> Time: 10a-1p Location: Culinary area	15	16
17	18 <b>Kids Culinary Workshop</b> Time: 4-6pm Location: Culinary area	19 <b>Well Everyday Demo</b> Time: 12-2p <u>Location: Culinary area</u> <b>Adult Culinary Wksp</b> Time: 630-830 Location: Culinary area	20	21	22 <b>Pumpkin Power</b> Time: 11-1 Location: Culinary area	23
24	25	26	27 <b>Picky Eating 101</b> Time: 11-12 Location: Dietitian's office	28	29 <b>Well Everyday Demo</b> Time: 10a-1p Location: Culinary area	30

**MONTHLY FOCUS**

Snack Smart



DIETITIAN

**TARA BONANNO, MPH, RD**  
Registered Dietitian

p:201-337-3900 x275  
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**“Food shouldn’t be a reward or punishment. It should be nourishment.”**

-Tara

**FREE NUTRITION SERVICES**



Please contact Tara for more information on the following services:

- 1 on 1 nutrition counseling
- Store tours and wellness events for adults and children
- Educational presentations
- Group classes



**EVENT DETAILS**

<p><b>SEPTEMBER 6</b>  <b>Apple-licious!</b>                  Join Tara for a celebration of apples! Samples and recipes provided</p> <p>Time: 1-3pm                  Location: Culinary area</p>	<p><b>SEPTEMBER 8</b>  <b>Well Everyday Demo</b>                  Let's enjoy the last days of summer with our last hydration demo.</p> <p>Time: 10a-1p                  Location: Culinary area</p>	<p><b>SEPTEMBER 11</b>  <b>Meal Planning/Prep Class</b>                  Register with Tara for our first meal planning class. We will provide you with tips, tricks, and recipes. You will have opportunity to purchase and prep ingredients for 2 meals for your family.</p> <p>Time: 630-8pm                  Location: Culinary area</p> <p>*Advance Sign-up Required*</p>	<p><b>SEPTEMBER 12</b>  <b>Produce Pick of the Week</b>                  Tara will be featuring our fresh produce pick of the week. Samples provided.</p> <p>Time: 11a-1p                  Location: Culinary area</p>
<p><b>SEPTEMBER 13</b>  <b>Kids Snack-making for Fall</b>                  Register with Tara for our free, festive and fun snack-making class. Your children (ages 4-10) will enjoy creating and eating our delicious, healthy treats!</p> <p>Time: 4-5pm                  Location: Culinary</p> <p>*Advance Sign-up Required*</p>	<p><b>SEPTEMBER 14</b>  <b>Well Everyday Demo</b>                  We are kicking off our Snack Smart campaign with fun after-school snacks for kids.</p> <p>Time: 10a-1p                  Location: Culinary area</p>	<p><b>SEPTEMBER 18</b>  <b>Kids Culinary Workshop</b>                  Sign up your junior chefs (ages 5-12) for this month's class. The "World Of Snacks" menu features veggie wontons, turkey croquettes, and loaded sweet potato nachos.</p> <p>Time: 4-6pm                  Location: Culinary area</p> <p>*Advance sign-up and payment required at Courtesy*</p>	<p><b>SEPTEMBER 19</b>  <b>Adult Culinary Workshop</b>                  Join Chef Jeff and Tara as we move back to family routines with our "Love your Leftovers" menu. We will be making roasted ratatouille flatbreads, penne alla puttanesca, teriyaki chicken rice bowls, and chicken pot stickers.</p> <p>Time: 630-830pm                  Location: Culinary area</p> <p>*Advance sign-up and payment required at Courtesy*</p>
<p><b>SEPTEMBER 19</b>  <b>Well Everyday Demo</b>                  Tara will be featuring portion-controlled snacks which are perfect for those watching calories or looking to shed a little weight.</p> <p>Time: 12-2pm                  Location: Culinary area</p>	<p><b>SEPTEMBER 22</b>  <b>Pumpkin Power</b>                  Get in on the pumpkin movement! We will sample some delicious, limited availability pumpkin flavored items.</p> <p>Time: 11a-1p                  Location: Culinary area</p>	<p><b>SEPTEMBER 27</b>  <b>Picky Eating 101</b>                  Join us if you struggle with your little ones over mealtimes and picky eating behaviors. We will be sharing tips, recipes, and guidance from a nutrition perspective.</p> <p>Time: 11a-12p                  Location: Dietitian's office</p>	<p><b>SEPTEMBER 29</b>  <b>Well Everyday Demo</b>                  Need ideas for your next tailgate or game-watching party? Stop by for some inspiration for your football favorites.</p> <p>Time: 10a-1p                  Location: Culinary area</p>

**FREE NUTRITION SERVICES**



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Please contact Tara for more information on our upcoming classes:

- Eat Well. Be Happy Weight Management series
- Adult Cooking Classes
- Seasonal snack-making class for children

