

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------|-------------------------------------------|
| | | | | | 1 Available for Consults 11-3 | 2 off |
| 3 Off | 4 Happy Labor Day! | 5 Off | 6 Available for consults 10-3 | 7 Milford Adult Cooking Class Cooking with Apples! 6-8 | 8 CT Style Segment | 9 Shoprite Employee Breakfast Sampling |
| 10 Off | 11 *Orange Senior Center 11:30-12:30 *Milford Adult Cooking Class Middle Eastern 6-8 | 12 Holy Infant Women's Guild Presentation 6:30-7:30 | 13 Cooking Class with Bridges in West Haven 3-5 | 14 New Haven Health Fair 11:30-3:30 | 15 Orange Senior Center Health Fair 9:30-12 | 16 Off |
| 17 *Cooking Class with Bridges in West Haven 10-12 *In-store back to school event 2-4 | 18 West Haven Library Presentation 2-3 | 19 Available for Consults 10-3 | 20 Off | 21 Off | 22 Off | 23 Off |
| 24 Off | 25 Available for consults 10-3 | 26 Milford Adult Cooking Class The Traveling Italian Chef 6-8 | 27 Cooking Class with Bridges in Milford 1-2:30 | 28 Shoprite Employee Breakfast Sampling | 29 Student consultation at UNH 2-4 | 30 Off |

MONTHLY FOCUS

Snack Smart



DIETITIAN

Courtney Huggins
Registered Dietitian

p:203-795-0628
courtney.huggins@wakefern.com

" You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients "

-Julia Child

FREE NUTRITION SERVICES



Call or email to schedule a consult or plan a nutrition related event in the community!



EVENT DETAILS

Thursday, September 7th
Milford Adult Cooking Class
 Cooking with Apples
 \$10 per class

Time: 6-10
Location: Shoprite of Milford

Saturday, September 9th
Shoprite Employee Breakfast
 Sampling
 Open to all associates, stop by for some breakfast ideas and some samples

Time: 8-10
Location: Shoprite of Orange

Monday, September 11th
Orange Senior Center Presentation
 Open to all Orange Community Seniors, stop by to learn about nutrition and cooking and sample some delicious samples!

Time: 11:30-12:30
Location: Orange Senior Center, High Plains

Monday, September 11th
Milford Adult Cooking Class
 Middle Eastern Cuisine
 \$10 per class

Time: 6-10
Location: Shoprite of Milford

Tuesday, September 12th
Community Presentation
 Nutrition presentation for the Holy Infant Women's Guild

Time: 3-5
Location: Holy Infant Church, Orange

Wednesday, September 13th
Community Cooking Class
 Cooking budget friendly dinner recipes

Time: 3-5
Location: Bridges in West Haven

Thursday, September 14th
New Haven Safety and Health Annual Fair
 Stop by the dietitian's table for some samples and handouts!

Time: 11:30-3:30
Location: Hamden

Friday, September 15th
Orange Senior Center Health Fair
 Stop by the Shoprite table for some samples and a chance to speak with our great pharmacist and dietitian!

Time: 9:30-12
Location: High Plains Orange Senior Center

Sunday, September 17th
Community Cooking Class
 Cooking budget friendly dinner recipes

Time: 3-5
Location: Bridges in West Haven

Sunday, September 17th
Back to School Event
 Stop by to get some snack and meal ideas for busy schedules

Time: 2-4
Location: Shoprite of Orange

Monday, September 18th
Library Presentation
 Open to all community members, nutrition presentation and cooking demonstration

Time: 2-3
Location: West Haven Library, Bennam Hill Rd

Wednesday, September 27th
Community Cooking Class
 Cooking budget friendly meals

Time: 1-2:30
Location: Bridges in Milford

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