

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <b>Blood Pressure Screen</b> 12PM-3PM SR Parsippany	2
3	4 <b>HAPPY LABOR DAY!</b>	5 <b>Easy Breakfast Options</b> 3PM-6PM SR Parsippany	6 <b>Pack a Balanced Lunchbox</b> 11AM-2PM SR West Caldwell	7	8 <b>Wholesome Pantry Showcase</b> 10AM-1PM SR Parsippany	9 <b>Pack a Balanced Lunchbox</b> 11AM-2PM SR Parsippany
10	11 <b>Ask the RD</b> 12:30-2:30PM SR Parsippany	12 <b>Smart School Snacks</b> 11AM-2PM SR Parsippany	13 <b>Senior Nutrition</b> 12PM-2PM Caldwell Senior Center	14 <b>Family Meals</b> 12:30-2:30PM SR West Caldwell	15 <b>Healthy Snacks for Associates</b> 11AM-3PM SR Parsippany	16
17 <b>After School Snacks</b> 12:30-3:30PM SR Parsippany	18 <b>Family Meals</b> 12:30-3:30PM SR Parsippany	19	20 <b>Kids Culinary Workshop</b> 4PM-6PM SR Parsippany	21 <b>Nutrition Assessments</b> 12:30-2:30PM SR West Caldwell	22 <b>Fiber Friday</b> 11AM-2PM SR Parsippany	23 <b>Dorm-Friendly Snacks</b> 11AM-3PM SR Parsippany
24 <b>Well Everyday Smart Snacking</b> 11AM-2PM SR West Caldwell	25 <b>Pre-school Nutrition</b> 11AM-12PM Just Kids School	26 <b>Lowenstein Sadler Health Fair</b> 10:30AM-2:30PM Parsippany	27 <b>Veggie Volunteer</b> 12PM-3PM, IFP <b>Diabetes Workshop</b> 6PM-7:30 SR Parsippany	28 <b>Associate Wellness</b> 11AM-2PM SR West Caldwell	29	30

### MONTHLY FOCUS

Snack Smart



### DIETITIAN

**Evelyn Minolfo, MS, RD**

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**Barbara Galvin, RD-**

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## FREE NUTRITION SERVICES



*\*Our Kids Culinary Workshop on Wed. 9/20 is \$10 per child, please register in advance at Customer Service. Please contact Evelyn or Barbara for free nutrition consultations, group lessons & healthy recipes, or to answer any nutrition questions you may have.*



## EVENT DETAILS

<p><b>Tuesday 9/5</b>  <b>Easy Breakfast Options</b>                      Try some of our suggestions for quick, delicious and healthy breakfast foods that will fuel your day with energy and nutrition.</p> <p><b>Time: 3PM-6PM</b>  <b>Location: ShopRite of Parsippany</b></p>	<p><b>Wednesday 9/6</b>  <b>Pack a Balanced Lunchbox</b>                      Lunchboxes provide a great opportunity to eat a balanced meal in just the right portion sizes. Pick up some information about portable, great-tasting food perfect for lunch.</p> <p><b>Time: 11AM-2PM</b>  <b>Location: ShopRite of West Caldwell</b></p>	<p><b>Tuesday 9/12</b>  <b>Smart School Snacks</b>                      Take a look at our suggestions for school snacks that are nutritious, easy-to-eat and delicious.</p> <p><b>Time: 11AM-2PM</b>  <b>Location: ShopRite of Parsippany</b></p>	<p><b>Thursday 9/14</b>  <b>Family Meals</b>                      Looking for fast, delicious and nutritious meals? Pick up some great recipes and taste one while you're there with our dietitian.</p> <p><b>Time: 12:30-2:30PM</b>  <b>ShopRite of West Caldwell</b></p>
<p><b>Sunday 9/17</b>  <b>After School Snacks</b>                      Stop by our dietitian's desk to see what she is featuring for tasty and healthy after school snack ideas!</p> <p><b>Time: 12:30-3:30PM</b>  <b>Location: ShopRite of Parsippany</b></p>	<p><b>Monday 9/18</b>  <b>Family Meals</b>                      Looking for fast, delicious and nutritious meals? Pick up some great recipes and taste one while our there with our dietitian.</p> <p><b>Time: 12:30-2:30PM</b>  <b>Location: ShopRite of Parsippany</b></p>	<p><b>Wednesday 9/20</b>  <b>Kids Culinary Workshop</b>                      Encourage your young chef-to-be to get in the kitchen and start cooking something delicious! This 2-hour class is for kids ages 7 and older. We'll cook and taste three delicious seasonal recipes. There is a \$10 fee per child for this class.</p> <p><b>Time: 4PM-6PM</b>  <b>Location: ShopRite of Parsippany</b></p>	<p><b>Thursday, 9/21</b>  <b>Mini Nutrition Assessments</b>                      Our dietitian will be performing free mini nutrition assessments for customers!</p> <p><b>Time: 12:30-2:30PM</b>  <b>Location: ShopRite of West Caldwell</b></p>
<p><b>Friday 9/22</b>  <b>Fiber Friday</b>                      Don't forget how important (and delicious) fiber is for good health. We'll show you some of our favorite foods filled with fiber.</p> <p><b>Time: 11AM-2PM</b>  <b>Location: ShopRite of Parsippany</b></p>	<p><b>Saturday 9/23</b>  <b>Dorm-Friendly foods</b>                      Try some of suggestions for easy, healthy foods that are great to have on hand in your dorm room.</p> <p><b>Time: 11AM-3PM</b>  <b>Location: ShopRite of Parsippany</b></p>	<p><b>Sunday 9/24</b>  <b>Free Class - Well Everyday Smart Snacking</b>                      Learn all about making Smart Snacking choices with our Registered Dietitian Evelyn Minolfo. Please register in advance at Customer Service</p> <p><b>Time: 12:30 - 2:00pm</b>  <b>Location: ShopRite of West Caldwell</b></p>	<p><b>Wednesday 9/27</b>  <b>Diabetes Workshop</b>                      Our monthly diabetes workshop is in its 7<sup>th</sup> month. The topic this month will focus on coping with this long-term illness and how it affects patient's over time.</p> <p><b>Time: 6PM-7:30</b>  <b>Location: ShopRite of West Caldwell</b></p>

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