

| SUNDAY    | MONDAY                     | TUESDAY                    | WEDNESDAY   | THURSDAY  | FRIDAY                     | SATURDAY                   |
|-----------|----------------------------|----------------------------|---|---|----------------------------|----------------------------|
|           |                            |                            |   |   | 1<br>Hours: 7:00am-3:00pm  | 2<br>Hours: 8:00am-4:30pm  |
| 3<br>OFF  | 4<br>Hours: 7:00am-3:00pm  | 5<br>Hours: 7:00am-3:00pm  | 6<br>Out of the office<br>Nutrition User Group Meeting  | 7<br>Cooking Class Senior Center<br>Time: 10:00am-11:30am<br>Location: Passaic Senior Center  | 8<br>Hours: 7:00am-3:00pm  | 9<br>OFF                   |
| 10<br>OFF | 11<br>Hours: 9:30am-6:00pm | 12<br>Hours: 7:00am-3:00pm | 13<br>Community Options Cooking and Nutrition Class<br>Time: 11am-12pm<br>Location: Center for disabilities, Clifton N.J. | 14<br>Hours: 9:30am-6:00pm  | 15<br>OFF                  | 16<br>Hours: 8:00am-4:30pm |
| 17<br>OFF | 18<br>Hours: 9:30am-6:00pm | 19<br>Hours: 7:00am-3:00pm | 20<br>Hours: 9:30am-6:00pm<br>Associate Appreciation Day<br>Time: 10am-2:00pm<br>Location: Shoprite of Passaic Break room | 21<br>City of Passaic Health Fair<br>Time: 9:30am-2:00pm<br>Location: Passaic City Hall       | 22<br>Hours: 7:00am-3:00pm | 23<br>OFF                  |
| 24<br>OFF | 25<br>Hours: 9:30am-6:00pm | 26<br>Hours: 7:00am-3:00pm | 27<br>Atlantic Health Diabetic Group Meeting<br>Time: 9:30pm-11:30am<br>Location: Pompton Plains, N.J.                    | 28<br>Cooking Class Senior Center<br>Time: 10:00am-11:30am<br>Location: Passaic Senior Center | 29<br>OFF                  | 30<br>Hours: 8:00am-4:30pm |

### MONTHLY FOCUS

Snack Smart



### DIETITIAN

**ANDREA REINA**  
Registered Dietitian  
Nutritionist

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**“Dwell on the beauty of life. Watch the stars, and see yourself running with them”**  
-Marcus

### FREE NUTRITION SERVICES



EVENT DETAILS

**09/07/2017**  
**Senior Center Nutrition Class**  
 Andrea will be giving a cooking class and nutrition lesson at the Senior Center of Passaic.  
 Time: 10-11:30am  
 Location: Senior Center Passaic N.J.

**09/13/2017**  
**Cooking Nutrition Classes Series**  
 Andrea will be providing a nutrition class in a center for people with disabilities.  
 Time: 11am-12pm  
 Location: Community Options, Clifton N.J.

**09/20/2017**  
**Associate Appreciation Day**  
 A fun day in the breakroom with nutritious snacks and information for all Shoprite Associates  
 Time: 10am-2:00pm  
 Location: Shoprite Passaic/Clifton N.J.

**09/21/2017**  
**City of Passaic Health Fair**  
 Time: 9:30am-2:00pm  
 Location: City Hall of Passaic

**09/28/2017**  
**Senior Center Nutrition Class**  
 Andrea will be giving a cooking class and nutrition lesson at the Senior Center of Passaic.  
 Time: 10-11:30am  
 Location: Senior Center Passaic N.J.

FREE NUTRITION SERVICES



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