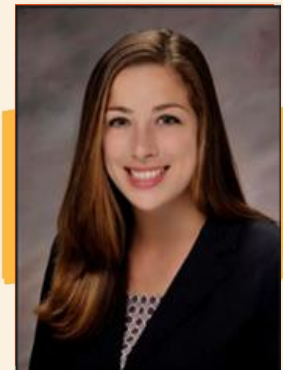


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 Hours: 8a-4:30p Amanda Fano, RDN 201-365-8166 Amanda.fano@wakefern.com	6	7 Hours: 9a-5:30p Christina Kamilaris, MS, RD 201-638-8514 Christina.kamilaris@wakefern.com	8	9
10	11 Hours: 8a-4:30p Portable Snacks for the Great Outdoors Maple Pumpkin Trail Mix 1-4p	12 Hours: 9a-5:30p Simple Slow Cooker Recipes Apple Butter 1-4p	13 Hours: 8a-4:30p Office Hours	14 Hours: 8a-4:30p Smart Snacking Red Lentil Hummus 1-4p	15 Hours: 7:30a-4:00p Out of the Office with Pharmacy	16 OFF
17 OFF	18 Hours: 8a-4:30p Office Hours	19 Hours: 8a-4:30p Associate Event 12-2p	20 Hours: 8a-4:30p Naturally Sweet Snacks Baked Apple Chips 1-4p	21 Hours: 9a-5:30p Kids Kitchen Cooking Class (Ages 3-5) 4-5p	22 Hours: 8a-4:30p Homemade Healthy Snacks Apple Cinnamon Granola Bars 1-4p	23 OFF
24 Hours: 7a-3:30p Office Hours	25 OFF	26 OFF	27 Hours: 9a- 5:30p Kids Kitchen Cooking Class (Ages 6-9) 4-5p	28 Hours: 8a-4:30p Mediterranean & DASH Diet Presentation @ Pasack Atrium Senior Living 2pm *Private Event*	29 Hours: 8a-4:30p Gluten Free Desserts Pumpkin Brownies 1-4p	30 Hours: 7a-3:30p Office Hours & DIY Protein Snacks Roasted Chickpeas 1-3p

MONTHLY FOCUS

Snack Smart



DIETITIAN

Mary Manning
Registered Dietitian

p:201-600-4031
mary.manning@wakefern.com

FREE NUTRITION SERVICES



For more information or to register for an event, contact Mary @ 201-600-4031 or mary.manning@wakefern.com



EVENT DETAILS

September 11th
Portable Snacks for the Great Outdoors
 Learn how to make your own maple and pumpkin trail mix, great for on-the-go hiking and camping trips. Recipes & samples provided.
 Time: 1-4p

September 12th
Simple Slow Cooker Recipes
 Join Mary in learning how to make your own slow cooker apple butter. No sugar added, this naturally sweet spread will go great added to oatmeal, smothered on toast, or as a sweet potato topping.
 Time: 1-4p

September 14th
Smart Snacking
 Mary will be demonstrating how to make a red lentil hummus. This dip is a delicious source of fiber and protein that goes great with fresh veggies or hey, straight out of the bowl. –no judgement here
 Time: 1-4p

September 20th
Naturally Sweet Snacks
 Join Mary in sampling baked cinnamon apple chips. Replace a high fat sweet treat with a couple of these delicious low calorie chips. Recipes provided.
 Time: 1-4p

September 21st
Kids Kitchen Cooking Class (ages 3-5)
 Do you know a child who enjoys cooking? If so, join Mary for her Kids Kitchen Cooking Class as we make healthy and fun recipes. *Class is free, but space is limited: Please call 201-600-4031 today to reserve your spot!
 Time: 4-5p

September 22nd
Homemade Healthy Snacks
 Join Mary as she demonstrates how to make DIY granola bars that are healthy AND delicious. Perfect for a boost of energy at snack time. Recipes & samples provided.
 Time: 1-4p

September 27th
Kids Kitchen Cooking Class (ages 6-9)
 Do you know a child who enjoys cooking? If so, join Mary for her Kids Kitchen Cooking Class as we make healthy and fun recipes. *Class is free, but space is limited: Please call 201-600-4031 today to reserve your spot!
 Time: 4-5p

September 29th
Gluten Free Desserts
 Craving brownies, but can't have wheat flour? Learn how to make delicious (and did I mention nutritious?!) pumpkin brownies using gluten free flour and pumpkin!
 Time: 1-4p

September 30th
DIY Protein Snacks
 Roasted chickpeas are a good source of protein and add a nice crunch to salads and snacks. Come by and sample homemade roasted chickpeas with a kick of flavor.
 Time: 1-3p

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