

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 OFF	2 OFF
3 OFF	4 HAPPY LABOR DAY!! OFF	5 OFF	6 OUT OF OFFICE	7 <b>Cooking Class</b> Time: 6 pm to 7 pm Location: Orchard's Family Success Center	8 <b>Healthy Eating Presentation</b> Time: 10 am Location: Mother Goose Learning Center	9 Location: ShopRite of Chews Landing
10 Location: ShopRite of Chews Landing	11 Location: ShopRite of Chews Landing	12 OFF	13 <b>Wellness Fair</b> Time: 11 am to 2 pm Location: Washington Township Municipal	14 Location: ShopRite of Chews Landing	15 <b>Snack Smart</b> Time: 12 pm to 2 pm Location: Dietitian Table	16 OFF
17 OFF	18 Location: ShopRite of Chews Landing	19 OFF	20 <b>FREE Nutrition Counseling</b> Time: 8 am to 4 pm Location: Dietitian Office	21 <b>Produce Pick</b> Time: 3 pm to 5 pm Location: Produce Department	22 Location: ShopRite of Chews Landing	23 <b>Kids Day</b> Time: 12 pm to 3 pm Location: Scrunchy's Playhouse
24 OFF	25 Location: ShopRite of Chews Landing	26 OFF	27 <b>Dietitian Pick</b> Time: 12 pm to 2 pm Location: Dietitian Table	28 Location: ShopRite of Chews Landing	29 Location: ShopRite of Chews Landing	30 <b>Partners in Caring Day</b> Time: 12 pm to 2 pm Location: ShopRite of Sicklerville

MONTHLY FOCUS

Snack Smart



DIETITIAN

Catherine Perez, MS, RD  
RETAIL DIETITIAN

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"If we're not meant to have midnight snacks, why is there a light in the fridge?"

-Anonymous

FREE NUTRITION SERVICES



Did you know that ShopRite of Chews Landing offers FREE nutrition services? Catherine, your in-store dietitian, offers free nutrition counseling, grocery store tours, kid's events, and community events! Catherine wants to help you on your nutrition journey to wellness however she can. Contact her today to get started on your nutrition journey!



**EVENT DETAILS**

<p><b>THURSDAY, SEPTEMBER 7TH</b> <b>Cooking Class</b></p> <p>Catherine is traveling to Orchard’s Family Success Center to provide a free cooking class to teach families in the community how easy it is to cook tasty and healthy food on a budget. Sign up with the Family Success Center for more details.</p> <p><b>Time: 6 pm to 7 pm</b></p>	<p><b>FRIDAY, SEPTEMBER 8TH</b> <b>Healthy Eating is for Everyone!</b></p> <p>Catherine is traveling to Mother Goose Learning Center where she will be doing a nutrition lesson for kids of all ages. We will be making nutrition fun and interactive. <i>Closed event!</i></p> <p><b>Time: 10am</b></p>	<p><b>WEDNESDAY, SEPTEMBER 13TH</b> <b>Worksite Wellness Fair</b></p> <p>Catherine is traveling to the Washington Township Municipalities of Gloucester County to host a nutrition table for employees of Washington Township. To book your own event with a dietitian please contact Catherine!</p> <p><b>Time: 12 pm to 2 pm</b></p>	<p><b>FRIDAY, SEPTEMBER 15TH</b> <b>Snack Smart</b></p> <p>Need help planning out healthy snack ideas? Stop by the dietitian table to learn all about snacking this month. Samples, snack ideas, and recipes will be provided for your shopping convenience!</p> <p><b>Time: 12 pm to 2 pm</b></p>
<p><b>WEDNESDAY, SEPTEMBER 20TH</b> <b>Nutrition Counseling</b></p> <p>Book an appointment to see your in-store dietitian, Catherine, for a free nutrition appointment. Get your numbers back on track, walk the aisles for healthy swaps or ask some nutrition questions. Catherine can help with that!</p> <p><b>Time: 8 am to 4:30 pm</b></p>	<p><b>THURSDAY, SEPTEMBER 21ST</b> <b>Produce Pick</b></p> <p>Perfectly picked and ready to be thrown into a fun recipe. Stop by the produce department and sample a new recipe showcasing our pick of the week! Recipes and samples will be provided!</p> <p><b>Time: 3 pm to 5 pm</b></p>	<p><b>SATURDAY, SEPTEMBER 23RD</b> <b>Kids Day</b></p> <p>Catherine will be at Scrunchy’s Playhouse teaching kids a healthy recipe and encouraging them to eat healthier at home with fun activities! The event is free and recipes and coupons will be provided to parents!</p> <p><b>Time: 12 pm to 2 pm</b></p>	<p><b>WEDNESDAY, SEPTEMBER 27TH</b> <b>Dietitian Pick</b></p> <p>Stop by the dietitian table for one of Catherine’s healthful product recommendations straight from our aisles! Sample and pick up information and coupons while supplies last.</p> <p><b>Time: 12 pm to 2 pm</b></p>
<p><b>SATURDAY, SEPTEMBER 30TH</b> <b>Partners in Caring Day</b></p> <p>Come to the ShopRite of Sicklerville for a fun filled day of activities and food to help benefit Partners in Caring, our initiative for helping fight hunger in our community.</p> <p><b>Time: 12 pm to 2 pm</b></p>			

**FREE NUTRITION SERVICES**



**DIETITIAN**  
**CATHERINE PEREZ, MS, RD**  
**RETAIL DIETITIAN**

p: 609-314-0498  
e: Catherine.Perez@wakefem.com



**INGREDIENTS:** 1 Nature Valley Bar, 1 TBSP natural peanut butter, 4-6 slices of banana

**INSTRUCTIONS:** Take bar and spread peanut butter to cover the entire top of the bar. Slice up banana and use to place on top of bar. Enjoy this filling snack after school or after a

