

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <b>Jersey Fresh Friday!</b> Time: 11- 1 p.m. Location: Produce	2
3	4 <b>Labor Day</b>	5	6 <b>Nutrition User Group Meeting</b>	7 <b>In Stirling</b>	8 <b>Meal of the Week</b> Time: 12-2 p.m. Location: Produce	9 <b>In Stirling</b>
10 <b>In Stirling</b>	11 <b>QA Tour at Wakefern Food Corp</b>	12 <b>Weight Management Support Group</b> Time: 5-6 Location: Bistro	13	14 <b>In Stirling</b>	15 <b>Meal of the Week</b> Time: 12-2 p.m. Location: Produce	16
17	18	19 <b>Well Everyday Demo</b> Time: 11- 1 p.m. Location: Produce	20 <b>Bright Start Pre-School</b> Time: 10 – 11 a.m.	21 <b>In Stirling</b>	22 <b>Meal of the Week</b> Time: 12-2 p.m. Location: Produce	23 <b>Franklin Day Festival</b> Time: 12- 5 p.m. Location: Colonial Park
24 <b>In Stirling</b>	25	26 <b>Out of Store Training</b>	27 <b>Out of Store Training</b>	28 <b>In Stirling</b>	29 <b>Meal of the Week</b> Time: 12-2 p.m. Location: Produce	30

**MONTHLY FOCUS**

Snack Smart



**DIETITIAN**

**Marisa Wagner**  
Retail Dietitian

732. 356. 8703  
marisa.wagner@wakefern.com

**“Looking for an easy school night dinner? Check out Our Helping Families Eat Better Meal of the Week case for a Dietitian approved recipe and ingredients to make dinner prep a breeze.”**

-Marisa,  
Your in-store  
Dietitian



**FREE NUTRITION SERVICES**



Looking to create healthier lifestyle habits? Join Marisa, your in-store Dietitian for our Monthly Weight Management Support Group on Tuesday September 12th from 5-6 p.m. in the Bistro. Every month we discuss different topics to help you achieve a healthier lifestyle.

**EVENT DETAILS**

**Friday, September 1<sup>st</sup>  
Jersey Fresh Friday Food Demo**

Jersey Fresh Friday Food Demos highlight locally grown foods throughout the summer with a recipe featuring local seasonal produce!

**Time:** 11- 1 p.m.  
**Location:** Produce

**Friday, September 8<sup>th</sup>  
Meal of the Week**

Dietitian will be located by the Meal of the Week case in Produce, demoing the Meal of the Week!

**Time:** 12 – 2 p.m.  
**Location:** Produce

**Tuesday, September 12<sup>th</sup>  
Monthly Weight Management Support Group**

In-store peer support group for weight management with your ShopRite of Somerset Dietitian, Marisa!

**Time:** 5-6 p.m.  
**Location:** Bistro Seating Area

**Friday, September 15<sup>th</sup>  
Meal of the Week**

Dietitian will be located by the Meal of the Week case in Produce, demoing the Meal of the Week!

**Time:** 12 – 2 p.m.  
**Location:** Produce

**Tuesday, September 19<sup>th</sup>  
Well Everyday Snack Smart Demo**

Stop by the Produce section to sample a healthy snack option with your in-store Dietitian, Marisa.

**Time:** 11- 1 p.m.  
**Location:** Produce

**Wednesday, September 20<sup>th</sup>  
Bright Start Pre-School**

Dietitian will be at a pre-school visit teaching students of Bright Start Pre-School a nutrition lesson.

**Time:** 10- 11 a.m.

**Friday, September 22<sup>nd</sup>  
Meal of the Week**

Dietitian will be located by the Meal of the Week case in Produce, demoing the Meal of the Week!

**Time:** 12 – 2 p.m.  
**Location:** Produce

**Saturday, September 23<sup>rd</sup>  
Franklin Day Festival**

Marisa will be attending the Franklin Day Festival. Come stop by the ShopRite tent and visit your in-store Dietitian to learn more about our nutrition services!

**Time:** 12- 5 p.m.  
**Location:** Colonial Park

**September 26<sup>th</sup> & 27<sup>th</sup>**  
Marisa will be out of the store for training. If you would like to reach Marisa please email her or leave a message at the Courtesy Desk and Marisa will return calls and emails when she returns to the store.

**Friday, September 29<sup>th</sup>  
Meal of the Week**

Dietitian will be located by the Meal of the Week case in Produce, demoing the Meal of the Week!

**Time:** 12 – 2 p.m.  
**Location:** Produce

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Do you have nutrition questions? Are you looking for tips to help your family live a healthier lifestyle? Marisa can help you achieve your goals! Marisa offers FREE one-on-one nutrition consultations and nutrition-focused community events. Call (732) 356-8703 or email her at marisa.wagner@wakefern.com

