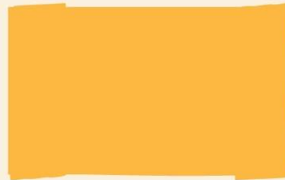


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Office Hours Wallingford store	2 OFF
3 OFF	4 Happy Labor Day!	5 Go H2O Demo and Sampling 12-3pm Wallingford Store	6 OFF	7 Office Hours Southington Store	8 Office Hours Wallingford store	9 Healthiest Kid in School Grocery Store Tour 10am Southington store
10 OFF	11 Swap your Snack Demo and Sampling 9-12am Southington store	12 Love Your Leftovers Culinary Workshop Cooking Class 6:30-8:30pm Wallingford Store	13 Exotic Fruit Fun! 10am Wallingford Senior center	14 OFF	15 Office Hours Southington store	16 Partners in Caring Fundraiser Event! Time: 9-5pm Location: Wallingford store
17 OFF	18 Office Hours Wallingford Store	19 Office Hours Southington store	20 Associate Swap your Snack Demo 5-8pm Southington breakroom	21 Associate Swap your snack Demo 5-8pm Wallingford breakroom	22 OFF	23 School safe snacks demo and sampling 9-12am Wallingford store
24 OFF	25 Office Hours Southington store	26 "Adulting" Class 7pm Wallingford Public Library	27 Weight Management Grocery Store Tour 6:30pm Wallingford store	28 Homemade baby food demo at "Tiny Time" 1:30pm Wallingford Public Library kids room	29 The Pumpkin Spice Diet Demo and Sampling 12-3pm Southington Store	30 OFF

### MONTHLY FOCUS

Snack Smart



### DIETITIAN

**Marisa McCoy**  
RDN

(860) 384-7451  
Marisa.McCoy@  
Wakefern.com

**"Happiness is the healthiest form of Healthy"**

-Marisa  
McCoy

## FREE NUTRITION SERVICES



Marisa also offers free private in store nutrition consultations and store tours. Call, text or email Marisa to schedule an appointment today!



## EVENT DETAILS

<p><b>SEPT 5</b> Go H2O Demo and Sampling</p> <p>It's still technically summer! Let's wrap it up with some hydrating food! Stop by to see what Marisa is making.</p> <p>12-3pm Wallingford Store</p>	<p><b>SEPT 9</b> Healthiest Kid in School Grocery Store Tour</p> <p>Join Marisa in a grocery store tour to find fun, healthy and school safe lunch ideas and snacks for back to school! Bring the kids! Samples are included.</p> <p>10-11am Southington Store-Meet at the Customer service desk!</p>	<p><b>SEPT 11</b> Swap your Snack Demo and Sampling</p> <p>See Marisa for an "eat this not that" snack edition sampling of healthful snacks!</p> <p>9-12am Southington store</p>	<p><b>SEPT 12</b> Love Your Leftovers Culinary Workshop Cooking Class</p> <p>Have tons of leftovers that you don't know what to do with? Come cook with Chef Ed, Rebecca and Marisa and we'll show you!</p> <p>6:30-8:30pm Wallingford Store- Cost is just \$20!</p>
<p><b>SEPT 13</b> Exotic Fruit Fun!</p> <p>Come learn about different fruits from around the world that you may not have heard of before! Tastings are included!</p> <p>10-12pm Wallingford Senior center</p>	<p><b>SEPT 16</b> Partners in Caring Fundraiser Event!</p> <p>This all day store wide event is all for a good cause! Join us if you love to play Games, eat delicious food, learn new recipes and more!</p> <p>Time: 9-5pm Location: Wallingford store</p>	<p><b>SEPT 20 and 21</b> Associate Swap your Snack Demo</p> <p>Calling all associates! See Marisa during your dinner break for an "eat this not that" snack edition demo with samples!</p> <p>5-8pm Sept 20-Southington breakroom Sept 21- Wallingford breakroom</p>	<p><b>SEPT 23</b> School safe snacks demo and sampling</p> <p>Kids! Are you tired of the same old school snacks? Come visit Marisa for new ideas for school safe snacks!</p> <p>9-12am Wallingford store</p>
<p><b>SEPT 26</b> "Adulting" Class</p> <p>Do you want to learn the basics of cooking, meal planning and grocery shopping? Or do you admit you need to learn how to "Adult" Join Marisa for "Adulting" and She'll make it easy for you!</p> <p>7pm Wallingford Public Library</p>	<p><b>SEPT 27</b> Weight Management Grocery Store Tour</p> <p>Portion control and Mindful eating are the keys to weight management and a healthy lifestyle. Join Marisa in a store tour to learn tips and find new products that will help you stay on tract!</p> <p>6:30-7:30pm Wallingford store</p>	<p><b>SEPT 28</b> Homemade baby food demo at "Tiny Time"</p> <p>Homemade baby food is the most nutritious way to feed your baby. Join Marisa as part of the Library's "Tiny Time" series to learn how to make your own baby food!</p> <p>1:30-3:30pm Wallingford Public Library kids room</p>	<p><b>SEPT 29</b> The Pumpkin Spice Diet Demo and Sampling!</p> <p>Do you love or hate the pumpkin spice craze? Either way come see Marisa for a sample of something you can add to your "pumpkin spice diet" this fall.</p> <p>12-3pm Southington Store</p>

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