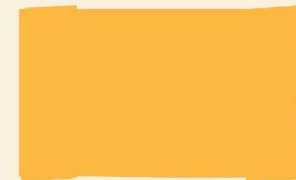


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Jersey Fresh Friday Time: 10-12pm Location: Produce	2
3	4 Labor Day	5 Produce Pick Demo Time: 10am-12pm Location: Produce	6 Village Meeting Time: 9am-1pm HFEB Demo Time: 3-5pm	7	8	9 In store 12-2pm
10	11 QA Tour Elizabeth Time: 9-11:30am In store 12-5pm	12 Endcap Demo Time: 1-3pm Location: Produce	13	14	15	16
17	18	19	20 DIY Trail Mix Bar Time: 12-2pm Location: Produce	21 In store 7:30-3:30pm	22	23
24	25	26	27 YMCA Event Time: 3-7pm Location: Union YMCA	28 HFEB Demo Time: 10-12pm Location: Produce	29	30 In store 12-2pm

MONTHLY FOCUS
Snack Smart



DIETITIAN

Kimberly Asman, RD
Registered Dietitian

973-376-3028
Kimberly.asman@wakefern.com

“Come to me with any nutrition questions to plan healthy school lunches and snacks this month.”

-Kimberly

FREE NUTRITION SERVICES



Be sure to stop by an event, or email me with any nutrition questions! I am here to help, with FREE nutrition services.



EVENT DETAILS

**September 1st
Jersey Fresh Friday**

Stop by to sample some local produce and grab a healthy recipe to try at home.

Time: 10-12pm
Location: Produce

**September 6th, 28th
Helping Families Eat Better Demo**

Sample part of this week's meal of the week and then grab the recipe and ingredients from the meal of the week case for an easy dinner solution.

Time: Varies
Location: Produce

**September 27th
YMCA Event**

Together with the Registered Dietitian from the Shoprite of Union, I will be offering 5 minute nutrition consultations and answering nutrition questions for members of the Union YMCA.

Time: 3-7pm
Location: Union YMCA

**September 5th
Produce Pick Demo**

I will be sampling a recipe featuring produce items, stop by and try it!

Time: 10am-12pm
Location: Produce

**September 20th
DIY Trail Mix Bar**

Choose from healthy foods to make your own bag of trail mix, and learn about more smart snacking strategies.

Time: 12-2pm
Location: Produce

**September 12th
Endcap Demo**

Sample items featured in the Dietitian's endcap this month.

Time: 1-3pm
Location: Produce

FREE NUTRITION SERVICES



DIETITIAN
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Make healthy snacking choices this month by pairing a carbohydrate with a protein or fat! The carbohydrates will give you energy, while the protein or fat will keep you full. Stop by the DIY Trail Mix Bar on September 20th for more information on healthy snacks.

