

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Jersey Fresh Friday 3p-5p VWG Tasting Station	2 End of Summer BBQ Side Dish Demo 11a - 1p VWG Tasting Station
3 "Selected for You" Product Sampling 11a -1p VWG Tasting Station	4 Happy Labor Day	5 Open Office Hours 9-2 Call ahead to schedule a consultation!	6 Out of the Store: Nutrition User Group Meeting	7 Trendy Product Demo 12 - 2p VWG Tasting Station	8 Smoothie of the Month Sampling 12 - 2p VWG Tasting Station	9 Meal of the Week Recipe Demo 12 - 2p VWG Tasting Station
10 Meal of the Week Recipe Demo 12 - 2p VWG Tasting Station	11 Eat Well, Be Happy- 4 Week Healthy Habit Series 6:30-7:30p Registration Required	12 Ask the Dietitian Table 9 - 11a Berkley Heights YMCA Lobby	13 Sabra Tzatziki Dip Demo 12 - 2p Produce Dept.	14 After School Snack Ideas 3 - 5p VWG Tasting Station	15 Family Meals Month Info Session 12 - 2p Breakroom	16 Partners in Caring Motorcycle Run 9a - 1p Meet @ ShopRite
17 Portion Size Snacking Tips & Samples 12 - 2pm VWG Tasting Station	18 Eat Well, Be Happy- 4 Week Healthy Habit Series 6:30-7:30p Registration Required	19 Healthy Habit & Weight Management Support Meet Up 6-7p Meet @ Courtesy	20 Healthy Cooking Lesson 5:30 - 6:30p Long Hill Library	21 Store Ground Peanut & Almond Butter Sampling 3 - 5p VWG Tasting Station	22 Associate Inside Look 12 - 2p Breakroom	23 OFF
24 Meal of the Week Recipe Demo 12 - 2p VWG Tasting Station	25 Eat Well, Be Happy- 4 Week Healthy Habit Series 6:30-7:30p Registration Required	26 Towne Club Presentation 12-2pm Lukas, Warren	27 Kid's Recipe Assembly 3:30-5pm VWG Tasting Station *No registration required*	28 (WELL)ness End Cap Demo 11 a - 1p Front of Aisles 4 & 5	29 Family Meals Month Celebration 12 - 2p Breakroom	30 Better for You Tailgate Snacking Demo 12 - 2pm VWG Tasting Station

MONTHLY FOCUS

Snack Smart



DIETITIAN

Jessica Guarnieri, RD
Registered Dietitian

908-604-8935
Jessica.Guarnieri@wakefern.com

FREE NUTRITION SERVICES



EAT WELL, BE HAPPY! 4 Week Healthy Habit & Weight Management Series
Mondays, September 11, 18, 25 and October 2 from 6:30-7:30pm

Join Jessica to learn about healthy meal planning, healthy shopping techniques, label reading, building balanced breakfasts, better snack choices and much more! Registration is required as class size is limited! Call or email Jessica to reserve your spot: 908-604-8935 or Jessica.Guarnieri@wakefern.com



EVENT DETAILS

FRI., SEPTEMBER 1

Jersey Fresh Friday Sampling
Celebrate local produce with our LAST Jersey Fresh Friday! Stop by to pick up a recipe and sample of seasonal produce, right from the Garden State!
Time: 3-5pm
Location: Village Wellness Garden Tasting Station near aisle 20

SEPTEMBER 9, 10, & 24

Meal of the Week Recipe Demo
Stop by for a sample of the current meal of the week recipe! You can pick up the recipe and all the ingredients in one place. This is a great way to get the family together for Family Meals month!
Time: 12 – 2pm
Location: VWG Tasting Station

SAT., SEPTEMBER 16

Partners in Caring – Motorcycle Run Fundraiser
The ShopRite of Stirling is hosting a motorcycle run to raise money for local food banks! Stop by the store to learn more or donate to this great cause!
Time: 9-11am
Location: ShopRite parking lot

WEDS., SEPTEMBER 27

FREE Kid’s Recipe Assembly
Have your kid’s join Jessica for this healthy recipe assembly! Jessica will have everything your child needs to create and eat a healthy snack. No registration required but please let her know ahead of time of any allergies!
Time: 3:30-5p - VWG Tasting Station

SAT., SEPTEMBER 2

End Of Summer BBQ Side Dish Demo
Celebrate Labor Day weekend healthfully! Stop by to grab a sample of a perfect dish to bring to a BBQ this weekend, featuring the end of summer produce!
Time: 11am – 1pm
Location: VWG Tasting Station

SEPTEMBER 11, 18, 22, OCT 2

Eat Well, Be Happy- 4 Week Healthy Habit Series
Join Jessica for a 4 week program to learn healthy habits! Each week will discuss a topic then learn how to shop for healthier items! Registration is required, as class size is limited!
Time: 6:30-7:30pm

TUES., SEPTEMBER 19

Healthy Habit Weight Management Support Meet Up
Jessica is hosting a monthly support meet up on the second Tuesday of each month! EVERYONE is invited to attend, especially those is interested in making positive changes and learning from others successes! This month, we will be discussing healthy breakfast options!
Time: 6-7pm, Meet @ Customer Service

THURS., SEPTEMBER 28

(WELL)ness End Cap Demo
Check out our dietitian selected end cap in the front of aisles 4 and 5! Swing by for a quick sample of a delicious item we would recommend!
Time: 11a – 1p
Location: Front of Aisles 4 & 5

FRI., SEPTEMBER 8

Smoothie of the Month Sampling
Stop by to grab a sample of this month’s featured smoothie of the month! Let our expert juice/smoothie makers do the work for you and enjoy a delicious, nutritious smoothie!
Time: 12 - 2pm
Location: VWG Tasting Station

WEDS., SEPTEMBER 13

Sabra Tzatziki Dip Sampling
Swing by to sample these tasty, Greek yogurt based dips! The flavors make a perfect complement to veggies, chips or a spread for sandwiches!
Time: 12 – 2pm
Location: Produce Department

THURS., SEPTEMBER 21

Store Ground Organic Peanut Butter & Almond Butter Sampling
Did you know we grind our own peanut and almond butter in store? These nut butters are just nuts, nothing else! Stop by for a sample & to learn more!
Time: 3 – 5 pm
Location: Village Wellness Garden

SAT., SEPTEMBER 30

Portion Size Snacking Tips & Samples
Jessica will have samples and tips for helping you control your portions at snack time! Stop by for a sample and to check out some portion size tips!
Time: 12 – 2pm
Location: VWG Tasting Station

FREE NUTRITION SERVICES



DIETITIAN

Jessica Guarnieri, RD
Registered Dietitian

908.604.8935
Jessica.Guarnieri@wakefern.com

Do you have nutrition questions? Are you looking for tips to help your family live a healthier lifestyle? Jessica can help you achieve your goals! She offers FREE one-on-one nutrition consultations, supermarket tours and nutrition focused community events. Call 908-604-8935 or email Jessica.Guarnieri@wakefern.com to schedule.

