

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 In the Aisle with Lisa 6:00pm-7:00pm	2 Back to School Snacks: 11:00am-2:00pm
3	4	5	6	7	8 In the Aisle with Lisa Time: 6:00pm-7:00pm	9 Delicious Snacks 11am -2:00pm
10 Happy Fall with Harvest Vegetables 11:00am-2:00:pm	11 Customer Drop In Time: 8:30am-11:30am	12	13	14	15 In the Aisle with Lisa Time: 6:00pm-7:00pm	16 Healthy Lunches 11am-2:00pm
17 Foods for Rosh Hashana 11:00am-1:00pm Happy New Year	18 Customer Drop In Time: 8:30am-11:30am	19	20 Rosh Hashanah Begins at sundown	21	22 Employee Wellness Time: 6:00pm-7:00pm	23 Employee Wellness 11:00am-2:00pm
24 Celebrate Fall with apple recipes 11:00am-2:00pm	25 Customer Drop In Time: 8:30am-11:30am	26	27	28	29 In the Aisle with Lisa Time: 6:00pm-7:00pm	30 Apple Smoothies 11:00am-2:00pm:

MONTHLY FOCUS

Snack Smart



DIETITIAN

**Lisa Bishop RD**  
Title Retail Dietitian

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e:lisa.bishop@wakefern.com

**“Your diet is a bank account. Good food choices are good investments. .”**

-Bethenny Frankel

FREE NUTRITION SERVICES



Set up an appointment for a one on one counseling session, a store tour or a carbohydrate counting session.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DATE</b> Event Name Place event details here  Time: Location:		<b>DATE</b> Event Name Place event details here  Time: Location:		<b>DATE</b> Event Name Place event details here  Time: Location:	1	2
3	4	5	6	7	8	9
	<b>FRIST NAME LAST NAME</b> Title  p:000-000-0000 e:name@mail.com	Additional content here				
<b>DATE</b> Event Name Place event details here  Time: Location:	11	<b>DATE</b> Event Name Place event details here  Time: Location:	13	<b>DATE</b> Event Name Place event details here  Time: Location:	15	<b>DATE</b> Event Name Place event details here  Time: Location:
17	18	19	20	21	22	23
<b>DATE</b> Event Name Place event details here  Time: Location:	25	<b>DATE</b> Event Name Place event details here  Time: Location:	27	<b>DATE</b> Event Name Place event details here  Time: Location:	29	<b>DATE</b> Event Name Place event details here  Time: Location:
31						

MONTHLY FOCUS

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DIETITIAN

FREE NUTRITION SERVICES

