

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|---|---|---|--|---|---|--|
|   |   |   |  |   | 1<br>Labor Day Demo!<br>Time: 11AM-2PM                    | 2<br>OFF   |
| 3<br>OFF  | 4<br>OFF  | 5<br>Office Hours<br>Call to schedule<br>your FREE<br>appointment!  | 6<br>Associate Break<br>Bites<br>Time: 11AM-1PM  | 7<br>Office Hours<br>Call to schedule<br>your FREE<br>appointment!  | 8<br>Get an "A" on<br>Breakfast!<br>Time: 11AM-2PM        | 9<br>OFF   |
| 10<br>OFF   | 11<br>Office Hours<br>Call to schedule<br>your FREE<br>appointment! | 12<br>Office Hours<br>Call to schedule<br>your FREE<br>appointment! | 13<br>National Peanut<br>Day!<br>Time: 11AM-2PM  | 14<br>Expo East in<br>Baltimore<br>*Out of the Office*              | 15<br>Perona Farms<br>Quarterly Meeting<br>Time: 8AM-11AM | 16<br>OFF  |
| 17<br>Healthy Kids<br>Running Series<br>Time: 3PM-5PM | 18<br>RD Meeting - SR of<br>Byram<br>Time: 2PM                      | 19<br>Office Hours<br>Call to schedule<br>your FREE<br>appointment! | 20<br>Associate Break<br>Bites<br>Time: 11AM-1PM | 21<br>OFF   | 22<br>OFF   | 23<br>Well Everyday<br>Celebration:<br>ShopRite of<br>Franklin<br>Time: 10AM-4PM |
| 24<br>Back to School<br>Snacks!<br>Time: 11AM-2PM     | 25<br>OFF   | 26<br>Office Hours<br>Call to schedule<br>your FREE<br>appointment! | 27<br>New Product<br>Demo<br>Time: 11AM-2PM      | 28<br>Office Hours<br>Call to schedule<br>your FREE<br>appointment! | 29<br>Dietitian's Pick<br>Demo!<br>Time: 11AM-2PM         | 30<br>OFF  |

MONTHLY FOCUS

Snack Smart



DIETITIAN

**Kate-Lyn Snare**  
Registered Dietitian

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**"Create healthy habits,  
not restrictions"**  
-first name

FREE NUTRITION SERVICES



*Kate-Lyn Snare, RD is available to come to your scout troop meeting, senior center, firehouse, workplace, sports practice, support group, and more to give FREE nutrition presentations! Contact Kate-Lyn today to set up your next event!*



EVENT DETAILS

|  |  |  |   |
|--|--|--|---|
| <p><b>Friday, September 1<sup>st</sup></b></p> <p><b>Labor Day Demo!</b><br/>Stop by Kate-Lyn's table today where she will be sampling the perfect nutritious and delicious snack to serve at your Labor Day picnic!</p> <p><b>Time: 11AM-2PM</b></p>                                      | <p><b>Wednesday, September 6<sup>th</sup></b></p> <p><b>Associate Break Bites</b><br/>Kate-Lyn will be in the break room this afternoon with a healthy snack samples for all associates!</p> <p><b>Time: 11AM-1PM</b></p>                          | <p><b>Friday, September 8<sup>th</sup></b></p> <p><b>Get an "A" on Breakfast</b><br/>It's time for back to school! Kate-Lyn will be sampling one of her favorite quick and easy breakfast ideas that is packed with protein to help kids concentrate all day!</p> <p><b>Time: 11AM-2PM</b></p> | <p><b>Tuesday, September 13<sup>th</sup></b></p> <p><b>National Peanut Day</b><br/>Stop by Kate-Lyn's table today where she will be celebrating National Peanut Day with Wholesome Pantry peanut butter!</p> <p><b>Time: 11AM-2PM</b></p>                     |
| <p><b>Thursday, September 14<sup>th</sup></b></p> <p><b>Expo East</b><br/>Kate-Lyn will be joining the Ronetco Dietitian's at the Natural Foods Expo East in Baltimore!</p> <p><b>*out of the office*</b></p>  | <p><b>Sunday, September 17<sup>th</sup></b></p> <p><b>Healthy Kids Running Series</b><br/>Kate-Lyn will be visiting the Healthy Kids Running Series today providing health snacks and recipes to all participants.</p> <p><b>Time: 3PM-5PM</b></p> | <p><b>Thursday, September 20<sup>th</sup></b></p> <p><b>Associate Break Bites</b><br/>Calling all associates! Kate-Lyn will be in the break room this afternoon with a healthy snack so stop on by and try something new!</p> <p><b>Time: 11AM-1PM</b></p>                                     | <p><b>Saturday, September 23<sup>rd</sup></b></p> <p><b>Well Everyday Celebration</b><br/>Kate-Lyn will be joining the other Ronetco Dietitians at the ShopRite of Franklin for a sampling event to celebrate Well Everyday!</p> <p><b>Time: 10AM-4PM</b></p> |
| <p><b>Sunday, September 24<sup>th</sup></b></p> <p><b>Back to School Snacks!</b><br/>Already having a hard time coming up with ideas for your child's lunchbox? Stop by Kate-Lyn's table today where she will be sampling a healthy back to school snack!</p> <p><b>Time: 11AM-2PM</b></p> | <p><b>Wednesday, September 27<sup>th</sup></b></p> <p><b>New Product Demo</b><br/>Today Kate-Lyn will be sampling a new, healthy product on our shelves!</p> <p><b>Time: 11AM-2PM</b></p>  | <p><b>Friday, September 29<sup>th</sup></b></p> <p><b>Dietitian's Pick Demo</b><br/>Today Kate-Lyn will be sampling a quick and easy dinner option that will please the entire family!</p> <p><b>Time: 11AM-2PM</b></p>  |   |

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