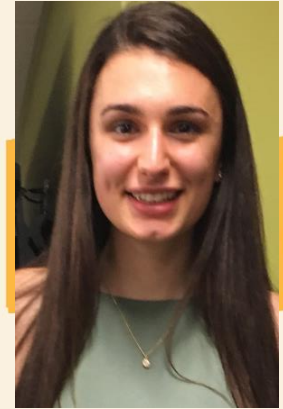


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Weekend Office Hours
3 Weekend Office Hours	4 Labor Day	5 Go H2O Demo Time: Location:	6 Nutrition Meetings Time: All Day	7	8 Hydration Station Location: Front of Store	9 OFF
10 Smart Snacking Kick Off!	11 Smart Snacking Demo: Time: 11:00-2:00	12	13 Children's Event at Bridgeton Library	14 Cooking Club Grocery Store Tour Time: 11:00	15	16 The Bill Bottino Mud Run for Cancer
17 OFF	18 Smart Snacking Demo: Time: 11:00-2:00	19	20	21	22	23 OFF
24 OFF	25 Smart Snacking Demo: Time: 11:00-2:00	26	27	28	29	30 OFF

MONTHLY FOCUS

Snack Smart



DIETITIAN

Michala Georgetti
Registered Dietitian

p:609-579-6349
e:Michala.Georgetti@wakefern.com

"Let food be thy medicine and medicine be thy food"

-Hippocrates

FREE NUTRITION SERVICES



Interested in FREE nutrition counseling, a store tour, weight loss or diabetes classes, kids nutrition classes, or having a dietitian at your next community event? Contact Michala today!



EVENT DETAILS

Tuesday, September 5th

Go H2O Demo

Michala will be in the isles offering samples of a product or recipe that is packed with water and optimal for hydration!

Wednesday, September 6th

Nutrition Meetings

Michala will be out of the office all day for a regional nutrition meeting.

Friday, September 8th

Hydration Station

Michala will be by the store entrance offering a variety of infused waters for customers to sample

Sunday, September 10th

Smart Snacking Kick Off!

ShopRite will launch its next Well Everyday Wellness theme: Snack Smart

Monday, September 11th, 18th, and 5th

Snack Smart Demo

Michala will be in the isles offering samples and demonstrations of ways to snack smart

Wednesday, September 13th

Children's Library Lesson

Michala will be visiting the Bridgeton library and giving a children's lesson about healthy and new foods.

Time: 10:30

Thursday, September 14th

Cooking Club Tour

A local cooking club will be taking a tour of the grocery store and learn what to look for on labels when making healthy food choices.

Saturday, September 16th

Bill Bottino Mud Run for Cancer

Come out and enjoy a fun packed day while supporting a great cause!

For more information visit:
www.njmudrun.com

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