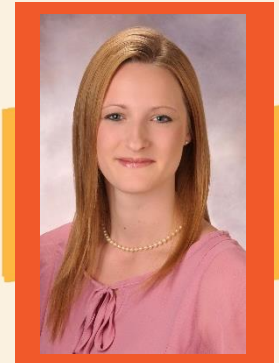


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <b>Jersey Fresh Friday Sampling</b> Time: 12:00-2:00pm Location: Produce Dept	2
3	4	5 <b>Back to School Night Table</b> Time: 6:30pm Location: Memorial School	6 <b>Back to School Night Table</b> Time: 6:30pm Location: Taylor Street School	7 <b>Healthy Snacks Presentation</b> Time: 9:30am Location: Borealis Compounds	8	9
10	11 <b>Helping Families Eat Better Sampling</b> Time: 12:00-1:00pm Location: Produce Dept	12 <b>Smoothie Class</b> Time: 4:00pm Location: WHHS <b>Back to School @ OCS 5:30pm</b>	13 <b>Back to School Night Table</b> Time: 5:30pm Location: Oxford Central School	14	15 <b>Well Everyday Sampling</b> Time: 12:00-1:00pm Location: Produce Dept	16 <b>Partners in Caring Smoothies</b> Time: 11:00am-2:00pm Location: Produce Dept
17 <b>Well Everyday Sampling</b> Time: 11:00am-1:00pm Location: Produce Dept	18	19 <b>FREE Preschool Cooking Class</b> Time: 10:00-10:45am Location: Culinary	20 <b>MyPlate Presentation</b> Time: TBD Location: Washington Nursery School	21	22 <b>Produce Pick Sampling</b> Time: 12:00-1:00pm Location: Produce Dept	23 <b>Festival in the Borough</b> Time: 11:00am – 3:00pm Location: Downtown Washington
24	25 <b>Helping Families Eat Better Sampling</b> Time: 12:00-1:00pm Location: Produce Dept	26 <b>Adult Culinary Workshop Class \$20</b> Time: 7:00-9:00pm Location: Culinary	27 <b>FREE Kids Cooking Class Ages 5-8</b> Time: 4:00-5:00pm Location: Culinary	28 <b>MyPlate Presentations</b> Time: 9:00am – 2:00pm Location: Washington Head Start	29 <b>Well Everyday Sampling</b> Time: 12:00-1:00pm Location: Produce Dept	30

### MONTHLY FOCUS

Snack Smart



DIETITIAN

**Carly Sopko, RDN**  
Registered Dietitian  
Nutritionist

908.689.3249  
Carly.sopko@wakefern.com

**“Your body is your most priceless possession so take care of it.”**  
-Jack Lalanne

### FREE NUTRITION SERVICES



“Evidence suggests that children who take part in family meals are less likely to be overweight, more likely to eat healthy foods, have less delinquency, greater academic achievement, improved psychological well-being and positive family interactions.”



EVENT DETAILS

**SEPTEMBER**

**Back to School Night ShopRite Table**

Carly will be hosting a table at several local schools to promote healthy meals and snacks during their BTS nights

Time: Varies

Location: Washington Borough & Oxford Township

**THURSDAY SEPTEMBER 7**

**Healthy Snacks Presentation**

Carly will be presenting at a local business about how to choose healthy snacks and how to make the most out of on-site options.

Time: 9:30am

Location: Borealis Compounds

**MONDAYS SEPTEMBER 11 & 25**

**Helping Families Eat Better Healthy Meal of the Week Sampling**

Carly will be preparing and sampling a portion of the featured healthy meal of the week.

Time: 12:00-1:00pm

Location: Produce Dept

**TUESDAY SEPTEMBER 12**

**Smoothie Bowls & Nutrition Class**

Carly will be visiting the local high school girls' volleyball team to talk about nutrition basics and leading a class on making smoothie bowls.

Time: 4:00pm

Location: Warren Hills High School

**FRIDAYS SEPTEMBER 15 & 29**

**Well Everyday Sampling**

Carly will be highlighting the current wellness theme of *Smart Snacking* by offering samples of featured products.

Time: 12:00-1:00pm

Location: Produce Dept

**SATURDAY SEPTEMBER 16**

**Strawberry Smoothies for Partners in Caring**

Carly will be blending up smoothies to be sold for donations to our Partners in Caring campaign, which supports local food banks.

Time: 11:00am-2:00pm

Location: Produce Dept

**TUESDAY SEPTEMBER 19**

**FREE Preschool Cooking Class**

Carly will be hosting a class for ages 3-5 where we will prepare a fun food craft and get to taste what we make! Email [carly.sopko@wakefern.com](mailto:carly.sopko@wakefern.com) to sign up.

Time: 10:00-10:45am

Location: Culinary Kitchen

**WEDNESDAY SEPTEMBER 20**

**MyPlate Basics**

Carly will be visiting a local nursery school to present on the MyPlate and food groups along with a food-related story book.

Time: TBD

Location: Washington Nursery School

**SATURDAY SEPTEMBER 23**

**Festival in the Borough**

Carly will be hosting a ShopRite table at the annual Washington Festival in the Borough. Stop by for samples and giveaways!

Time: 11:00am-3:00pm

Location: E. Washington Ave.

**TUESDAY SEPTEMBER 26**

**Adult Culinary Workshop - \$20**

Carly will be hosting a fun evening of cooking and sharing a 3-course meal. This class is hands-on and full of nutrition tips as well!

Time: 7:00-9:00pm

Location: Culinary Kitchen

**WEDNESDAY SEPTEMBER 27**

**FREE Kids Cooking Class Ages 5-8**

Carly will be hosting a fun kids cooking class featuring *Smart Snacks* to go along with our current wellness theme.

Time: 4:00-5:00pm

Location: Culinary Kitchen

**THURSDAY SEPTEMBER 28**

**MyPlate Basics**

Carly will be visiting a local nursery school to present on the MyPlate and food groups along with a food-related story book.

Time: 9:00-10:00am & 1:30-2:30pm

Location: Washington Head Start

FREE NUTRITION SERVICES



DIETITIAN

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September is National Family Meals Month. Sharing family meals offers numerous health and wellness benefits to all family members, especially children.

