

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <b>Hours: 7:30-4:00</b> Office Hours: Call Amanda to schedule your FREE appointment today!	2 <b>OFF</b>
3 <b>OFF</b>	4 <b>OFF</b>	5 <b>Hours: 8:00-4:30</b>  Out of Office, Pearl River Office Hours	6 <b>Hours: 7:30-4:00</b>  Out of the Office	7 <b>Hours: 9:00-5:30</b> Office Hours: Call Amanda to schedule your FREE appointment today!	8 <b>Hours: 7:00-3:30</b> Dietitian's Dishes, Grab and Go Healthy Meals, <b>Time: 12-3 pm</b>	9 <b>OFF</b>
10 <b>Hours: 8:00-4:30</b>  Jefferson Farmer's Market <b>Time: 9-2 pm</b>	11 <b>Hours: 7:30-4:00</b>  Out of the Office	12 <b>Hours: 8:00-4:30</b> Office Hours: Call Amanda to schedule your FREE appointment today!	13 <b>Hours: 8:00-4:30</b> Kids Kitchen, ages 3-5, <b>Time: 10-11 am</b> After School Snacking Ideas for Kids! <b>Time: 2-4 pm</b>	14 <b>Hours: 7:30-4:00</b>  Associate Event <b>Time: 11 am-1 pm</b>	15 <b>OFF</b>	16 <b>OFF</b>
17 <b>Hours: 8:00-4:30</b>  Jefferson Farmer's Market <b>Time: 9-2 pm</b>	18 <b>Hours: 8:00-4:30</b> Office Hours: Call Amanda to schedule your FREE appointment today!	19 <b>Hours: 10:30-7:00</b> Morning Office Hours, FREE Adult Cooking Class, <b>Time: 5-6 pm</b>	20 <b>OFF</b>	21 <b>Hours: 10:30-7:00</b> Produce Pick <b>Time: 12:30-2:30 pm</b> Kids Kitchen ages 6-10 <b>Time: 5-6 pm</b>	22 <b>Hours: 7:30-4:00</b> FREE Blood Pressure and Glucose Screening <b>Time: 12-3 pm</b>	23 <b>OFF</b>
24 <b>OFF</b>	25 <b>Hours: 8:00-4:30</b>  Out with Pharmacy, Afternoon Office Hours	26 <b>Hours: 7:30-4:00</b> Office Hours: Call Amanda to schedule your FREE appointment today!	27 <b>Hours: 12:00-8:30</b>  Promoting Healthy Habits <b>Time: 6:00 pm</b>	28 <b>Hours: 10:30-7:00</b> After School Snacks at Jefferson Library <b>Time: 4:00 pm</b>	29 <b>Hours: 7:30-4:00</b> Smart Tailgate Snacking Ideas <b>Time: 12-3 pm</b>	30 <b>OFF</b>

MONTHLY FOCUS

Snack Smart



DIETITIAN

**Amanda Fano, RDN**  
Registered Dietitian Nutritionist

201-365-8166  
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FREE NUTRITION SERVICES



Smart Snacking Tips:

1. Snack only when you are hungry
2. Have snacks planned and portioned ahead of time
3. Incorporate more fiber and protein into your snacks

Smart Snacks!

- Trail mix
- Popcorn
- Plain Yogurt with Fruit
- Hummus and Vegetables
- Apple with Peanut Butter



EVENT DETAILS

**September 8<sup>th</sup>**  
**After School Snacking Ideas for Kids!**  
 Looking for some ideas for after school snacks for your children? Stop by to visit the Dietitian to get ideas to make at home! Samples and recipes provided.  
**Time: 12:00-3:00 pm**  
**Location: ShopRite of Wharton**

**September 10<sup>th</sup>**  
**Jefferson Farmers Market**  
 Amanda will be attending the Jefferson Farmers Market and providing nutrition Information. Stop by to speak with Amanda and check out what other vendors/companies will be attending!  
**Time: 10:00 am- 2:00 pm**  
**Location: Jefferson**

**September 13<sup>th</sup>**  
**FREE Kids' Kitchen Cooking Class**  
 Do you have a 3-5 year old who likes to help out in the kitchen? If so, join Amanda at your ShopRite of Wharton for her kids' Kitchen cooking class as we make new healthy recipes!  
 \*Class is free, but space is limited: Please call 201-365-8166 to register your child in advance. Parent or Guardian must be present.  
**Time: 10:00-11:00 am**  
**Location: Second Floor Conference Room**

**September 13<sup>th</sup>**  
**Dietitian's Dishes, Grab & Go Healthy Meals**  
 Stop by to visit Amanda as she samples the Dietitian Meals from ShopRite of Wharton's Hot foods Bar! Protein and fiber rich meals to keep you full, satisfied and help you reach your health goals!  
**Time: 2:00-4:00 pm**  
**Location: ShopRite of Wharton**

**September 17<sup>th</sup>**  
**Jefferson Farmers Market**  
 Amanda will be attending the Jefferson Farmers Market and providing nutrition Information. Stop by to speak with Amanda and check out what other vendors/companies will be attending!  
**Time: 10:00 am- 2:00 pm**  
**Location: Jefferson**

**September 19<sup>th</sup>**  
**FREE Adult Cooking Class**  
 Are you interested in learning how to make Healthier recipes? If so, join Amanda at your ShopRite of Wharton for an Adult spin on a Cooking class! \*Class if free but space is limited: Please call 201-365-8166 to register in advance.  
**Time: 5:00-6:00 pm**  
**Location: Second Floor Conference Room**

**September 21<sup>st</sup>**  
**Produce Pick**  
 Join Amanda as she provides a recipe with the produce pick of the week! Benefits, samples and recipes provided.  
**Time: 12:30-2:30 pm**  
**Location: ShopRite of Wharton**

**September 21<sup>st</sup>**  
**FREE Kids Kitchen Cooking Class**  
 Bring your child, ages 6-10, to your ShopRite of Wharton as Amanda holds a monthly Kids Fit cooking class! \*Class is free, but space is limited. Please call 201-365-8166 to register your child in advance. Parent or Guardian must be present.  
**Time: 5:00-6:00 pm**  
**Location: Second Floor Conference Room**

**September 22<sup>nd</sup>**  
**FREE Blood Pressure & Glucose Screening**  
 ShopRite has teamed up with Atlantic Health to offer FREE blood pressure & glucose screenings the 3<sup>rd</sup> Friday of every month! Stop by to have your numbers checked and learn how you can make improvements with lifestyle changes. No appt. necessary  
**Time: 12:00 – 3:00 pm**  
**Location: Pharmacy/ShopRite of Wharton**

**September 27<sup>th</sup>**  
**Promoting Healthy Habits**  
 \*Private Event  
**Time: 6:00 pm**  
**Location: TBD**

**September 28<sup>th</sup>**  
**After School Snacks at Jefferson Library**  
 Sign up for a free kids cooking class, ages 6-10 at Jefferson Library! Registration is required and space is limited.  
**Time: 4:00 pm**  
**Location: Jefferson Library**

**September 29<sup>th</sup>**  
**Smart Tailgate Snacking Ideas**  
 Looking for healthier gam day snacks? Visit Amanda to sample a healthier tailgate snack!  
**Time: 12:00-3:00 pm**  
**Location: ShopRite of Wharton**

FREE NUTRITION SERVICES



**DIETITIAN**  
**Amanda Fano**  
 Registered Dietitian Nutritionist  
 201-365-8166  
 Amanda.fano@wakefern.com

**Amanda Fano is the ShopRite of Wharton's Registered Dietitian, and all of Amanda's nutrition services are free of charge! If you are interested in signing up for a class, making an individual appointment or booking a community event, contact Amanda.**

