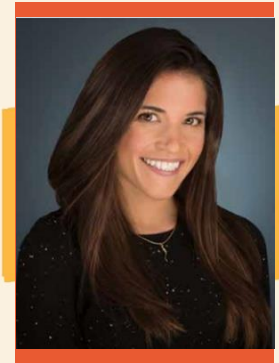


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Trendy Ways to Hydrate Time: 2-4pm Location: Café area	2 OFF
3 OFF	4 OFF	5 ShopRite of West Berlin	6 Counseling Time: 1pm-4pm Location: Dietitian Office	7 Eat Your Water Time: 2-4pm Location: Produce Department	8 OFF	9 ShopRite of West Berlin
10 Meal of the Week Time: 11am-1pm Location: Café area	11 ShopRite of West Berlin	12 Kid's Event: Snack Smart! Time: 4-6pm Location: In front of Scrunchy's	13 ShopRite of West Berlin	14 OFF	15 OFF	16 OFF
17 OFF	18 OFF	19 OFF	20 OFF	21 OFF	22 OFF	23 OFF
24 OFF	25 OFF	26 ShopRite of West Berlin	27 Community Flu Clinic Time: 10am-2pm Tailgate Snacks Time: 3-5pm Location: Café area	28 Associate Flu Clinic Time: 12-4pm Location: Pharmacy	29 ShopRite of West Berlin	30 ShopRite of West Berlin

MONTHLY FOCUS

Snack Smart



DIETITIAN

VICTORIA GIANQUINTO

Registered Retail Dietitian

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"Every time you eat is an opportunity to nourish yourself."

-first name

FREE NUTRITION SERVICES



Aloha! I'm Tori, your in-store retail dietitian at the ShopRite of Williamstown. I provide FREE nutrition services to help you along your journey to become the healthiest and happiest you can be! These services include nutrition counseling, grocery store tours, kid's events, community events, and in-store healthy & delicious demos. This month I will be focusing on snacking smart! Contact me to learn more or to get started on your wellness journey ☺



EVENT DETAILS

<p>FRIDAY, SEPTEMBER 1ST Trendy Ways to Hydrate What's the latest drink trend that's healthy? Tori will be sampling her favorite!</p> <p>Time: 2pm-4pm Location: Café</p>	<p>WEDNESDAY, SEPTEMBER 6TH Counseling Appointments Schedule a free nutrition counseling appointment with your in-store dietitian, Tori!</p> <p>Time: 1pm-4pm Location: Dietitian Office</p>	<p>THURSDAY, SEPTEMBER 7TH Eat Your Water Find out more ways to stay hydrated through food that is perfect for bringing to work or school!</p> <p>Time: 4pm-6pm Location: Produce Department</p>	<p>SUNDAY, SEPTEMBER 10TH Meal of the Week Stop by the one-stop-shop meal cart where Tori will be sampling this week's Meal of the Week recipe!</p> <p>Time: 11am-1pm Location: Café area</p>
<p>TUESDAY, SEPTEMBER 12TH Kid's Event: Snack Smart! Bring the kids by Scrunchy's to join Tori in creating energizing snacks & make a fun craft! Plus, sample a yummy snack!</p> <p>Time: 4pm-6pm Location: In front of Scrunchy's</p>	<p>WEDNESDAY, SEPTEMBER 27TH Community Flu Clinic with Pharmacy Tori will be traveling out in the community with pharmacy to provide flu shots & immune boosting nutrition information!</p> <p>Time: 10am-2pm Location: Community</p>	<p>WEDNESDAY, SEPTEMBER 27TH Tailgate Snacks Tori will be sampling snacks that are perfect for any tailgate party!</p> <p>Time: 3pm-5pm Location: Café area</p>	<p>THURSDAY, SEPTEMBER 28TH Associate Flu Clinic: Flu Shots with Pharmacy Flu season is right around the corner! Stop by pharmacy where Tori will be promoting flu shots & immune boosting foods! Health & wellness bags provided.</p> <p>Time: 12pm-4pm Location: Pharmacy</p>

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Snack smart tip: Include a carbohydrate and a protein in your snack to create a satisfying and well-rounded snack! Examples: ¼ cup dried mango & nuts, apple slices & peanut butter, or baby carrots & hummus 😊

