

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Dietitian Picks Sampling 12-2pm In front of Aisle 6
2 Happy Hanukkah! 	3 OFF (PD)	4 Dietitian's Picks Sampling 12-2pm In front of Aisle 6	5 Village RD Conference Call 10-12pm 43 rd Precinct Community Council Meeting 7-9pm	6 Interested in eating healthier? Contact Angela to schedule your FREE consultation!	7 Produce Pick Sampling 1-3pm In front of Aisle 6	8 OFF
9 OFF	10 Interested in eating healthier? Contact Angela to schedule your FREE consultation!	11 Associate Holiday Snack Tasting 12-1pm, 4-5pm Break Room	12 Offsite - Antonia Pantoja Prep Nutrition Workshop 10-12pm	13 FREE Nutrition 101 Class 6-7pm 2 nd Fl. Community Room	14 OFF	15 Dietitian's Picks Sampling 12-2pm In front of Aisle 6
16 OFF	17 Offsite - Volunteers of America Diabetes Workshop 3pm	18 PS 103 In-store Nutrition Workshop 10-11:30am	19 Dietitian Picks Sampling 2-4pm Offsite - PS 130 CEC Meeting	20 OFF* CB9 General Board Meeting 7-9pm	21 Healthy Holiday Sampling! 10am-3pm	22 Healthy Holiday Sampling! 9am-2pm
23 OFF	24 OFF	25 Merry Christmas! 	26 Dietitian Picks Sampling 12-2pm In front of Aisle 6	27 Interested in eating healthier? Contact Angela to schedule your FREE consultation!	28 Produce Pick Sampling 1-3pm In front of Aisle 6	29 Kids Healthy Holiday Class 12-1pm 2 nd Fl. Community Room
30 OFF	31 OFF					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Angela Vita
Retail Dietitian

(718) 794-1696
Angela.Vita@wakefern.com

"Have a Happy and Healthy Holiday!"
-Angela

FREE NUTRITION SERVICES



HAPPY HEALTHY NEW YEAR! In January, Angela will be hosting a 4-week Weight Management Series to kick off the new year! Contact Angela for more details.

FREE FRUIT FOR KIDS! Kids 12 and younger can get a FREE banana or clementine while shopping with a parent/guardian. Find our special kid's fruit stand it in our produce department next to our coffee station!



EVENT DETAILS

**December 1st, 4th, 9th, 15th, 26th
Dietitian's Picks Sampling**

Angela will be sampling her favorite healthy products for you to taste!

Time: See reverse for times*
Location: In front of Aisle 6

**December 7th, 28th
Produce Picks Sampling**

Angela will be sampling tasty and simple recipes using her favorite seasonal items from the produce department.

Time: See reverse for times*
Location: In front of Aisle 6

**Tuesday, December 11th
Associate Holiday Snack Tasting**

Angela will be sampling healthy holiday snacks for our ShopRite Associates!

Time: 11-12pm, 4-5pm
Location: Break Room

**December 12th, 18th
Bronx School Collaborations**

Angela will be conducting nutrition workshops either in-store or offsite with Antonia Pantoja Prep Academy and P.S 103 this month!

Want Angela to collaborate with your school? Contact her!

**Monday, December 13th
FREE Nutrition 101 Class**

Join Angela to learn about nutrition basics from reading food labels to MyPlate!

Time: 6-7pm
Location: 2nd Floor Community Room
Registration: SPACE IS LIMITED. Call or email Angela at (718) 794-1696 or angela.vita@wakefern.com

**December 21st and 22nd
Healthy Holiday Sampling**

Angela will be sampling healthy holiday snacks while you shop!

Time: See reverse for times*
Location: By registers

**Saturday, December 29th
Healthy Holidays Kids Class**

Holiday-themed recipe assembly for kids! Appropriate for children ages 4-12. Please notify Angela of any allergies in advance.

Time: 12-1pm
Location: 2nd Floor Community Room
Registration: Must call or email Angela at (718) 794-1696 or angela.vita@wakefern.com
Cost: \$5 per child – please pay at the Guest Services Desk at least 48 hours prior to class*

FREE NUTRITION SERVICES



DIETITIAN
Angela Vita
Retail Dietitian

Angela.Vita@wakefern.com
(718) 794-1696

FREE Individual Nutrition Counseling & Group Classes | Food Allergies/Intolerances | Specialized Diets | Menu Ideas & Recipe Makeovers | Cooking Demos | Kids Events | Individual & Group Store Tours | Community Health & Wellness Programs | Contact Angela for more details!



