

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2	EWBH Support Group! Time: 5:30-6:30 PM Location: Belleville ShopRite *Registration Required	4	5	Kids Can Cook Too! Time: 4:30-5:30 PM Location: Belleville ShopRite *Registration Required	7	8
9	Kids Can Cook Too! Time: 4:30-5:30 PM Location: Belleville ShopRite *Registration Required	Girl Scout Scavenger Hunt! Time: 6:00-7:00 PM Location: Nutley ShopRite *Private Event	Nutrition Story Time! Time: 10:30-11:30 AM Location: Nutley Library *Registration Required	Health Screening! Time: 10:00-12:00 PM Location: Nutley ShopRite	14	15
16	Health Screening! Time: 10:00-12:00 PM Location: Belleville SR Kids Can Cook Too! Time: 4:30-5:30 PM Location: Belleville SR *Registration Required	18	19	Senior Cooking Demo! Time: 11:30-12:30 PM at Nutley Manor Apartments *Private Event	21	22
23	24	Merry Christmas! Store Closed.	26	27	28	29
30	31					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Stephanie Bini, RDN
Registered Dietitian

Phone:
973-235-1213 (press 4)

Email:
stephanie.bini@wakefern.com

FREE NUTRITION SERVICES



Make an Appointment with Stephanie to Learn how to:

- Accomplish your health goals
- Lighten up your favorite recipes
- Discover new foods for better eating



EVENT DETAILS

Monday, December 3

Eat Well Be Happy Support Group

If you have been on a journey to make better lifestyle choices and honor your health, join our support group! It is a great place to discuss current nutrition topics, share ideas and get support on your journey. *Please contact Stephanie to register!

Time: 5:30-6:30 PM
Location: ShopRite of Belleville

Thursday, December 6

Kids Can Cook Too

Sign up for our FREE kids cooking class! Kids ages 5+ will learn how to cook and prepare delicious and healthy meals. *Space is limited. Registration is required. *Please contact Stephanie to register!*

Time: 4:30-5:30 PM
Location: ShopRite of Belleville

Monday, December 10

Kids Can Cook Too

Sign up for our FREE kids cooking class! Kids ages 5+ will learn how to cook and prepare delicious and healthy meals. *Space is limited. Registration is required. *Please contact Stephanie to register!*

Time: 4:30-5:30 PM
Location: ShopRite of Belleville

Tuesday, December 11

Girl Scout Scavenger Hunt

Stephanie will be hosting an in-store scavenger hunt and nutrition lesson for a local girl scout troop! **Private Event**

Time: 6:00-7:00 PM
Location: ShopRite of Nutley

Wednesday, December 12

Nutrition Story Time

Stephanie will be hosting a nutrition story time at the Nutley Library for pre-school age children and their caregivers. *Please call the Nutley Library to register at 973-667-0405!

Time: 10:30-11:30 AM
Location: Nutley Public Library

Thursday, December 13

FREE Blood Pressure Screening

Do you know your numbers? Stop by for a FREE blood pressure screening provided by Clara Maass Medical Center. No appointment needed! Stephanie will be there to answer all your nutrition questions.

Time: 10:00-12:00 PM
Location: ShopRite of Nutley

Monday, December 17

FREE Blood Pressure Screening

Do you know your numbers? Stop by for a FREE blood pressure screening provided by Clara Maass Medical Center. No appointment needed! Stephanie will be there to answer all your nutrition questions.

Time: 10:00-12:00 PM
Location: ShopRite of Belleville

Monday, December 17

Kids Can Cook Too

Sign up for our FREE kids cooking class! Kids ages 5+ will learn how to cook and prepare delicious and healthy meals. *Space is limited. Registration is required. *Please contact Stephanie to register!*

Time: 4:30-5:30 PM
Location: ShopRite of Belleville

Thursday, December 20

Senior Manor Demo

Private nutrition lesson and food demo event for the residents of the Manor! **Private Event**

Time: 11:30-12:30 PM
Location: Senior Manor Apartments

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Healthy Holiday Traditions Month

Check out Stephanie's merchandise area for better-for-you food options that relate to this month's theme!

