



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
28	29	30	31	1	2	3 FREE Kids Snacking Class Time: 2:00 PM
4 Game Day Favorites Time: 12:00 PM	5 Community event- Dietitian out of store Time: 6:30 PM	6 Community event- Dietitian out of store Time: 1:30 PM	7 Dietitian is out of the office Time: 9:00 AM	8	9 Catch of the Week Sampling Time: 1:00 PM	10
11	12 Meals Made Well Demo Time: 3:00 PM	13 Fuel Better Well Everyday Demo Time: 2:00 PM	14 Community event- Dietitian out of store Time: 10:30 AM	15 Community event- Dietitian out of store Time: 9:30 AM Community event- Dietitian out of store Time: 1:00 PM	16 Associate Wellness Day Time: 8:00 AM	17
18	19 Sweet Potato Day Time: 2:00 PM	20 Dietitian is out of the office Time: 10:00 AM	21 Fuel Better Well Everyday Demo Time: 12:00 PM	22 Adult Culinary Workshop Time: 6:30 PM	23	24 Dietitian is out of the office Time: 8:30 AM
25	26 Well Everyday- Produce Pick Time: 12:00 PM	27 Health Screening Presented by CarePoint Health Time: 2:00 PM	28 Kids Culinary Workshop- Creative Classic Comforts Time: 4:30 PM	1	2	3



Kayla Kirschner
Dietitian

p: (201) 587-5093
e: kayla.kirschner@wakefern.com

FREE NUTRITION SERVICES

DIETITIAN
Kayla Kirschner
(201) 587-5093
kayla.kirschner@wakefern.com



DATE: February 3

FREE Kids Snacking Class

Attention Kids: Stop by the Dietitians office and learn how to cook one nutritious snack with your Dietitian! SIGN UP REQUIRED.

Cost: \$0.00

Duration: 1:00 Hours

Location: ShopRite of Bayonne, 583-9 Avenue C

DATE: February 9

Catch of the Week Sampling

Stop by the Dietitian's office discover our seafood catch of the week with Kayla. Taste a sample and pick up a recipe!

Cost: \$0.00

Duration: 2:00 Hours

Location: ShopRite of Bayonne, 583-9 Avenue C

DATE: February 19

Sweet Potato Day

February is National Sweet Potato Month! Stop by the dietitian's office and try Kayla's favorite sweet potato recipe.

Cost: \$0.00

Duration: 2:00 Hours

Location: ShopRite of Bayonne, 583-9 Avenue C

DATE: February 28

Kids Culinary Workshop- Creative Classic Comforts

Encourage the little ones to learn to make some of their favorite recipes during our kids culinary workshop this month!

Cost: \$20.00

Duration: 2:00 Hours

Location: ShopRite of Bayonne, 583-9 Avenue

DIETITIAN

Kayla Kirschner

(201) 587-5093

kayla.kirschner@wakefern.com

DATE: February 4

Game Day Favorites

Stop by the dietitian's office and try lighter versions of traditional calorie-dense game day snacks.

Cost: \$0.00

Duration: 2:00 Hours

Location: ShopRite of Bayonne, 583-9 Avenue C

DATE: February 12

Meals Made Well Demo

Try this week's Meals Made Well recipe at the Dietitian's office and talk to Kayla to learn how to make this recipe at home!

Cost: \$0.00

Duration: 2:00 Hours

Location: ShopRite of Bayonne, 583-9 Avenue C

DATE: February 22

Adult Culinary Workshop

February's Adult Culinary Workshop features 3 recipes that will be budget friendly and nutritious!

Cost: \$20.00

Duration: 2:00 Hours

Location: ShopRite of Bayonne, 583-9 Avenue C

DATE: February 5,6,14,15

Community event- Dietitian out of store

Kayla is presenting about nutrition out in your community today! Contact Kayla to set up an event with your organization.

Cost: \$0.00

Duration: 2:00 Hours

Location: ShopRite of Bayonne, 583-9 Avenue C

DATE: February 13,21

Fuel Better Well Everyday Demo

Kayla will be sampling out better for you products and recipes to help you fuel up using well balanced and nutritious foods!

Cost: \$0.00

Duration: 2:00 Hours

Location: ShopRite of Bayonne, 583-9 Avenue C

DATE: February 26

Well Everyday- Produce Pick

Stop by the Dietitian's office and discover some of our freshest produce with Kayla. Taste a sample and pick up a recipe!

Cost: \$0.00

Duration: 2:00 Hours

Location: ShopRite of Bayonne, 583-9 Avenue C

DATE: February 7,20,24

Dietitian is out of the office

Kayla will be out of the store today. Please call, email, or text Kayla to schedule your nutrition assessment. Sorry for the ...

Cost: \$0.00

Duration: 8:00 Hours

Location: ShopRite of Bayonne, 583-9 Avenue C

DATE: February 16

Associate Wellness Day

Kayla will be focusing on the ShopRite of Bayonne Associates today! Kayla will help them meet their nutrition goals today :)

Cost: \$0.00

Duration: 8:00 Hours

Location: ShopRite of Bayonne, 583-9 Avenue C

DATE: February 27

Health Screening Presented by CarePoint Health

Stop by today and get your cholesterol, glucose numbers, and BP checked. Then, speak to the Dietitian after for nutrition advice!

Cost: \$0.00

Duration: 4:00 Hours

Location: ShopRite of Bayonne, 583-9 Avenue C