

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 OFF	2 Hours: 7:00am-3:00pm *Senior Center Breakfast Time: 10:00am-11:00am	3 Health Fair @ Clifton Crunch Gym Time: 10am-5pm Location: 895 Paulison Ave, Passaic N.J.
4 OFF	5 Hours: 7:00am-3:00pm YOGA CLASS: 11:30AM & 2:00PM	6 WAKEFERN DIETITIANS MEETING, EDISON N.J. Out of the office	7 Hours: 10:00am-6:30pm Veggie Mobile Demo Time: 11am-1:00pm Clifton Health Department	8 Hours: 10:00am-6:30pm YOGA CLASS: 11:30AM & 6:00PM *Teen Cooking Camp Time: 4:00-5:00pm	9 Hours: 7:00am-3:00pm *Senior Center Breakfast Time: 10:00am-11:00am Nourish Snack Demo 12-3PM. Shoprite Passaic	10 OFF
11 OFF	12 Hours: 7:00am-3:00pm	13 Hours: 7:00am-3:30pm Nutrition Presentation Time: 12:00pm-3:00pm Location: Senior Housing	14 Hours: 10:00am-6:30pm CUMAC Food Demo Time: 12-2:00pm *Teen Cooking Camp Time: 4:00-5:00pm	15 Hours: 9:30am-6:00pm Thanksgiving Recipe Demo Time: 4:30PM- Clifton Library	16 Hours: 7:00am-3:00pm *Senior Center Breakfast Time: 10:00am-11:00am	17 OFF
18 OFF	19 Hours: 7:00am-3:00pm	20 Hours: 9:30am-6:00pm	21 Hours: 10:00am-6:30pm *Teen Cooking Camp Time: 4:00-5:00pm Passaic City Hall	22 OFF	23 OFF	24 Hours: 8:00am-4:00pm
25 OFF	26 Hours: 7:00am-3:00pm	27 Hours: 9:30am-6:00pm	28 Hours: 10:00am-6:30pm CUMAC Food Demo Time: 12-2:00PM Location: Paterson N.J.	29 Hours: 9:30am-6:00pm	30 Hours: 7:00am-3:00pm Senior Center Breakfast Time: 10:00am-11:00am	

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

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"Everything in Moderation, including moderation"

-Sarah

FREE NUTRITION SERVICES



EVENT DETAILS

Dietitian's Thanksgiving Tips:

- Don't skip breakfast to "save" calories for the big meal. Start your day with a small but satisfying breakfast -- such as eggs with a slice of whole-wheat toast and you may not be as hungry when you sit down for dinner.
- Modify your recipes and condiments, use low sodium and fat-free chicken broth to baste the turkey and make gravy, try low fat plain yogurt instead of sour cream and in creamy dips, mashed potatoes, and casseroles.
- Start by filling up on vegetables and lean protein (turkey), you will be full and eat less carbohydrates and dessert.
- Use smaller plates. There is evidence that indicates that people who use smaller plates consume fewer calories.



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