

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	<b>EWBH Support Group!</b> Time: 5:30-6:30 PM Location: Belleville ShopRite *Registration Required	4	5	<b>Kids Can Cook Too!</b> Time: 4:30-5:30 PM Location: Belleville ShopRite *Registration Required	7	8
9	<b>Kids Can Cook Too!</b> Time: 4:30-5:30 PM Location: Belleville ShopRite *Registration Required	<b>Girl Scout Scavenger Hunt!</b> Time: 6:00-7:00 PM Location: Nutley ShopRite *Private Event	<b>Nutrition Story Time!</b> Time: 10:30-11:30 AM Location: Nutley Library *Registration Required	<b>Health Screening!</b> Time: 10:00-12:00 PM Location: Nutley ShopRite	14	15
16	<b>Health Screening!</b> Time: 10:00-12:00 PM Location: Belleville SR <b>Kids Can Cook Too!</b> Time: 4:30-5:30 PM Location: Belleville SR *Registration Required	18	19	<b>Senior Cooking Demo!</b> 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!

