

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 OFF
2 OFF	3 Well Everyday Associate Inside Look Time: 10am-1pm Break Room	4 Lunch & Learn Time: 11am Westfield Senior Housing Staff	5 Village Dietitian meetings 10am-1pm	6 OFF	7 Girl Scouts Healthy Holiday Cooking Class Time: 3:30pm In store	8 MAX Challenge Store Tour Time: 10am In store
9 OFF	10 Learning in the Aisles w/ ALJ HS Time: 8:30am In store	11 Daisy Scouts Healthy Holiday Cooking Class Time: 3:30pm In store	12 3rd Grade Nutrition Lessons 8:30-11:30am Washington School	13 Preschool Nutrition Time: 6:15pm Rahway Preschool PTA	14 Meals Made Well Sampling 11:30am-1:30 pm Meat dept.	15 OFF
16 OFF	17 Well Everyday End Cap Sampling, 11am-2pm Back of Aisle 2B	18 Well Everyday sampling Time: 11:30am-1:30pm Bistro dept.	19 KIDS COOKING CLASS 3:30-5pm In store Registration Required!	20 OFF	21 Meals Made Well Sampling 11:30am-1:30 pm Meat dept.	22 Healthy Holiday Sampling! Various times Near checkout
23 Healthy Holiday Sampling! Various times Near checkout	24 OFF	25 Merry Christmas!	26 OFF	27 Well Everyday sampling Time: 11:30-1:30pm Bistro dept.	28 Meals Made Well Sampling 11:30am-1:30 pm Meat dept.	29 OFF
30 OFF	31 OFF					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Victoria Coglianese, RDN
Registered Dietitian
Nutritionist

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“Enter quote here”
-first name

FREE NUTRITION SERVICES



Register for Upcoming Classes! Please register & pay at Customer Service

Kids Cooking Class- Wed. 12/19, 3:30-5pm. Class is \$5 per child.

We will be making festive holiday recipes including some healthier treats!

4-Week Wellness Restart Program!- Starting on Tuesdays from January 15th – February 5th, 6-7pm. Snow date: February 12th. \$20 for the whole program. Topics will include calculating your daily nutrition needs, meal planning, savvy label reading, healthy cooking, & more!



EVENT DETAILS

<p style="text-align: center;">Victoria's Healthy Samplings!</p> <p>Meals Made Well Samplings December 14, 21, & 28 11:30am-1:30pm in the Meat Dept. Victoria samples the Meal of the Week every week! Find all of the ingredients to make the Meal + the recipe card in the refrigerator case next to the all-natural meats.</p> <p>Well Everyday End Cap Sampling Monday, December 17th 11am-2pm at the end of Aisle 2B Taste samples of the products on the Wellness end cap at the end of Aisle 2B.</p> <p>Well Everyday Samplings December 18th & 27th 11:30am-1:30pm in the Bistro</p> <p>Healthy Holiday Samplings Saturday & Sunday, December 22-23 11:30am-1:30pm in the Center aisle Victoria will be giving out healthy treats during the busy holiday shopping hours!</p>	<p>Monday, December 3rd Associate "Inside Look" ShopRite of Garwood Associates- Victoria will have samples from the Wellness end cap (end of Aisle 2B) in the breakroom for you to taste & enter a raffle for one of the products!</p> <p>Time: 10am-1pm Location: Breakroom</p>	<p>Tuesday, December 4th Lunch & Learn for Westfield Senior Housing staff Victoria will be presenting to the staff about "Nutrition for All-Day Energy" and providing healthy snack sampling.</p> <p>Time: 11am Location: Westfield Senior Housing</p>	<p>December 7th & 11th Girl Scout Healthy Holiday Cooking Classes Victoria will be hosing scouts from Westfield schools to learn about balanced eating with hands-on cooking sessions.</p> <p>Time: 3:30pm Location: In store, next to the olive bar</p>
<p>Well Everyday End Cap Sampling Monday, December 17th 11am-2pm at the end of Aisle 2B Taste samples of the products on the Wellness end cap at the end of Aisle 2B.</p>	<p>Saturday, December 8th Store Tour with the MAX Challenge Members of the MAX Challenge in Cranford will learn about nutrition, label reading, & the foods that fit in their wellness challenge! <i>*All customers are welcome to join!</i></p> <p>Time: 10am. Location: in the store</p>	<p>Monday, December 10th Learning in the Store Aisles Students from ALJ High School will learn about the nutrition, how to read food labels, budget, & make a healthy recipe!</p> <p>Time: 8:30 am Location: in the store</p>	<p>December 12th & 13th 3rd Grade Nutrition Lessons Victoria will be teaching nutrition lessons with a fun twist to 3rd grade students at Washington Elementary School!</p> <p>Time: 8:30-11:30am Location: Washington Elementary School</p>
<p>Well Everyday End Cap Sampling Monday, December 17th 11am-2pm at the end of Aisle 2B Taste samples of the products on the Wellness end cap at the end of Aisle 2B.</p>	<p>Thursday, December 13th Preschool Nutrition Presentation Victoria will be teaching parents about ideas for meal prep, healthy lunches, and getting the kids involved in the kitchen.</p> <p>Time: 6:15pm Location: Rahway Middle School</p>	<p>UPCOMING CLASSES! Registration Required! Please register & pay at Customer Service. Email Victoria with questions.</p> <p>Kids Cooking Class We will be making festive holiday recipes including some healthier treats! Class is \$5 per child.</p> <p>4-Week Wellness Restart Program! Topics will include calculating your daily nutrition needs, meal planning, savvy label reading, healthy cooking, & more! Dates: Tuesdays from January 15th – February 5th. Snow date: February 12th Time: 6-7pm Just \$20 for the whole program</p>	

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FREE Individual Nutrition Counseling | Food Intolerances & Special Diets | Menu Ideas & Recipe Makeovers Cooking Demos | Kids Events | Individual & Group Store Tours | Community Health & Wellness Programs
Call to schedule your FREE consultation today!

