



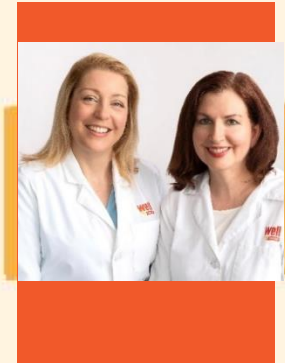


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
	<b>3</b> Healthy Holidays 12:30-2:30PM SR Parsippany	<b>4</b> <b>Better Baking</b> Time: 11AM-3PM ShopRite of Parsippany	<b>5</b> <b>Blood Pressure Screen</b> Time: 9:30AM-11AM ShopRite of West Caldwell	<b>6</b> Crockpot Express Soup Recipe 12:30-2:30PM SR West Caldwell	<b>7</b> <b>Blood Pressure &amp; Blood Sugar Screen</b> Time: 12PM-3PM ShopRite of Parsippany	<b>8</b> <b>**Holiday Culinary Workshop</b> Time: 11:30PM-1PM ShopRite of Parsippany
<b>9</b> Associate Holiday Treats 12:30-2:30PM SR West Caldwell	<b>10</b> Associate Health Screenings 6PM-8PM SR Parsippany :	<b>11</b> <b>Wholesome Pantry Showcase</b> Time: 11AM-4PM ShopRite of Parsippany	<b>12</b> <b>Better Baking</b> Time: 11AM-2PM ShopRite of West Caldwell	<b>13</b> Seafood Catch 12:30-2:30PM SR West Caldwell	<b>14</b> <b>Associate Holiday Treats</b> Time: 10AM-3PM ShopRite of Parsippany	<b>15</b>
<b>16</b>	<b>17</b> Gluten Free for the Holidays 12:30-2:30PM SR Parsippany	<b>18</b> <b>Light Holiday Favorites</b> Time:11AM-4PM ShopRite of Parsippany	<b>19</b> <b>Kids Culinary Workshop</b> Time: 4PM-6PM ShopRite of Parsippany	<b>20</b> Gluten Free for the Holidays 12:30-2:30PM SR West Caldwell	<b>21</b> <b>Delicious Gifts</b> Time: 12PM-4PM ShopRite of Parsippany	<b>22</b>
<b>23</b> <b>Light Holiday Favorites</b> Time:11AM-4PM ShopRite of Parsippany	<b>24</b>		<b>26</b>	<b>27</b> Mini Nutrition Assessments 12:30-2:30PM SR West Caldwell	<b>28</b> Holiday Beverages 12:30-2:30PM SR Parsippany	<b>29</b> Ask the RD 12:30-2:30PM SR Parsippany
<b>30</b>	<b>31</b> <b>Happy New Year!</b>					

### MONTHLY FOCUS

Healthy Holiday Traditions



### DIETITIAN

**Barbara Galvin, RD**  
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**Evelyn Minolfo, MS RD**  
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### FREE NUTRITION SERVICES



\*\* Our Holiday Culinary Workshop on Saturday 12/8 & our Kids Culinary Workshop on Wednesday, 12/19 is \$10 per person. Please register in advance at Customer Service. Please contact Evelyn or Barbara for free nutrition consultations, group lessons & healthy recipes, or to answer any nutrition questions you may have.



## EVENT DETAILS

**Tuesday 12/4**  
**Better Baking**  
 Stop by the dietitian's desk to learn about baking with better-for-you ingredients... for the holidays and every day!

**Time: 11AM-4PM**  
**Location: ShopRite of Parsippany**

**Wednesday, December 5**  
**Blood Pressure Screen**  
 Stop by to have your blood pressure checked by a registered nurse, free of charge.

**Time: 9:30AM-11PM**  
**Location: ShopRite of West Caldwell**

**Friday 12/7**  
**Blood Pressure & Blood Glucose Screen**  
 Stop by to have your blood pressure and blood sugar checked by a registered nurse, free of charge.

**Time: 12PM-3PM**  
**Location: ShopRite of Parsippany**

**Saturday 12/8**  
**Holiday Culinary Workshop**  
 Join chef Marc Muniz and dietitian Barbara Galvin for a cooking presentation focused on delicious holiday appetizers. Cost is \$10 per person

**Time: 11:30AM-1PM**  
**Location: ShopRite of Parsippany**

**Wednesday 12/12**  
**Better Baking**  
 Stop by the dietitian's desk to learn about baking with better-for-you ingredients... for the holidays and every day!

**Time: 11AM-2PM**  
**Location: ShopRite of West Caldwell**



**Thursday 12/18**  
**Seafood Catch**  
 See what delicious and nutritious seafood recipe our Dietitian has selected for you to taste and learn about!

**Time: 12:30PM-2:30PM**  
**Location: ShopRite of West Caldwell**



**Monday 12/17 & 12/20**  
**Gluten Free for the Holidays**  
 GF is easy to do with all the baking and cooking options available today. See the options our dietitian has to show you.

**12/17 Time: 12:30PM-2:30PM**  
**Location: SR of Parsippany**

**12/20 Time: 12:30PM-2:30PM**  
**Location: SR of West Caldwell**

**Tuesday 12/18**  
**Light Holiday Favorites**  
 Grab some tips on how to you can lighten up some of your favorite holiday treats and feel great during tis festive season!

**Time: 11AM-4PM**  
**Location: ShopRite of Parsippany**

**Friday 12/21**  
**Delicious Gifts**  
 Looking for a last-minute gift? How about something delicious? Stop by for some tasty suggestions!

**Time: 12PM-4PM**  
**Location: ShopRite of Parsippany**

**Saturday 12/28**  
**Holiday Beverages**  
 Check out the fun & flavorful mixing ideas our dietitians have come up for your New Year's beverages

**Time: 12:30PM-2:30PM**  
**Location: ShopRite of Parsippany**

## FREE NUTRITION SERVICES



**DIETITIAN**  
 Evelyn Minolfo & Barbara Galvin

973-335-2625  
 ext. 3001 & 3002

