

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 OFF
2 OFF	3 Office Hours Call to schedule your FREE appointment!	4 TOPS Healthy Through the Holidays Time: 7:00 pm	5 Associate Break Bites Time: 11:00 am - 1:00 pm	6 OFF	7 Perona Farms Quarterly Meeting Time: 7:30 am Mt. Olive Manor Time: 3:00 pm	8 New Product Demo! Time: 11:00 am - 2:00 pm
9 OFF	10 Office Hours Call to schedule your FREE appointment!	11 Washington Township Public Library Time: 4:00 pm	12 Office Hours Call to schedule your FREE appointment!	13 Office Hours Call to schedule your FREE appointment	14 Produce Pick! Time: 12:00 pm - 2:00 pm	15 OFF
16 OFF	17 Ronetco RD Meeting @ ShopRite of Succasunna Time: 8:00 am	18 Kids Nutrition Class Time: 5:00 pm	19 Holiday Appetizers! Time: 11:00 am - 2:00 pm	20 OFF	21 Office Hours Call to schedule your FREE appointment!	22 Office Hours Call to schedule your FREE appointment!
23 Office Hours Call to schedule your FREE appointment!	24 OFF	25 OFF	26 OFF	27 Office Hours Call to schedule your FREE appointment!	28 Dietitian's Pick! Time: 11:00 am - 2:00 pm	29 Sale Selection of the Week! Time: 11:00 am - 2:00 pm
30 OFF	31 Office Hours Call to schedule your FREE appointment!					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Kate-Lyn Snare
Registered Dietitian

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“Create healthy habits, not restrictions”
-unknown



FREE NUTRITION SERVICES



EVENT DETAILS

<p>Tuesday, December 4th</p> <p>TOPS Healthy Through the Holidays Kate-Lyn will be visiting a local TOPS meeting to discuss strategies for staying on track with health and wellness goals through the holiday season!</p> <p>Time: 7:00 pm</p>	<p>Wednesday, December 5th</p> <p>Associate Break Bites Kate-Lyn will be in the break room this after with healthy snack options for store associates!</p> <p>Time: 11:00 am - 1:00 pm</p>	<p>Friday, December 7th</p> <p>Mt. Olive Manor Weight Management Support Group Kate-Lyn will be at Mt. Olive Manor for her monthly weight management support group.</p> <p>Time: 3:00 pm</p>	<p>Saturday, December 8th</p> <p>New Product Demo! Stop by the dairy department today where Kate-Lyn will be sampling a new yogurt on the shelves!</p> <p>Time: 11:00 am - 2:00 pm</p>
<p>Tuesday, December 11th</p> <p>Washington Township Public Library Story Time Kate-Lyn will be at the library this evening for the monthly story time and healthy snack event!</p> <p>Time: 4:00 pm</p>	<p>Friday, December 14th</p> <p>Produce Pick! Stop by the produce department today and sample a recipe featuring our pick of the week!</p> <p>Time: 11:00 am - 2:00 pm</p>	<p>Tuesday, December 18th</p> <p>Kids Nutrition Class Kate-Lyn will be holding her monthly nutrition class for kids tonight! Together we will learn about nutrition and make a healthy snack!</p> <p>Time: 5:00 pm</p>	<p>Wednesday, December 19th</p> <p>Holiday Appetizers! Stop by the produce department today for a sample of healthier appetizers for all of your holiday parties!</p> <p>Time: 11:00 am - 2:00 pm</p>
<p>Friday, December 28th</p> <p>Dietitian's Pick! Kate-Lyn will be in the aisles today with one of her favorite high protein snacks!</p> <p>Time: 11:00 am - 2:00pm</p>	<p>Saturday, December 29th</p> <p>Sale Selection of the Week! Stop by Kate-Lyn's demo table today where she will be sampling an item from the circular this week that will be perfect for your New Year's Eve party!</p> <p>Time: 11:00 am - 2:00 pm</p>		

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Kate-Lyn Snare, RD is available to come to your scout troop meeting, senior center, firehouse, workplace, sports practice, support group and more to give FREE nutrition presentations! Contact Kate-Lyn directly to set up your next event!

