

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Meet our new in-store Nutritionist Biancha! Stop by her office or call to schedule for a FREE one-on-one consultation!

						1
2 Happy Hanukkah! 	3	4	5 Dietitian Region Meeting Out Of Office	6 Parkside Pre-School II Community Event Closed Event Out Of Office (from 1:30 pm – 3:30 pm) ShopRite of Newark	7 Better For You Baking Demo 10:30 am - 12:30 pm ShopRite of Newark	8
9	10	11 Project Live, Inc. Path Program Community Event Closed Event Out Of Office (from 10:30 - 12:30 pm) ShopRite of Newark	12	13 Newark Beth Israel Medical Center Community Event Closed Event Out Of Office (from 1:00 pm - 3:30 pm) ShopRite of Newark	14	15 Pentecare Civic Outreach 9th Annual Christmas Celebration 12:00 pm – 4:00 pm Out Of Office (from 10:30 am - 4:30 pm) ShopRite of Newark
16	17 In-Store Tour with The Leaguers Pregnant Services Closed Event 10:00 am - 12:00 pm ShopRite of Newark	18	19 Newark Public Library Springfield Branch Community Event Closed Event Out Of Office (from 3:00 pm - 5:30 pm) ShopRite of Newark	20	21 Lightened Up Holiday Favorites Demo 11:30 am - 1:30 pm ShopRite of Newark	22
23	24	25 Merry Christmas! 	26 Happy Kwanzaa! 	27	28	29 Holiday Appetizer Demo 12:00 pm – 2:00 pm ShopRite of Newark
30	31 New Year's Eve! 					

The holiday season is now in full swing! Look out for Biancha's upcoming events this month for tips, tricks, ideas and yummy samples of your favorite healthy holiday dishes.

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Biancha Jackson
Nutritionist

973-273-1060 ext. 3001
Biancha.jackson@wakefern.com

"Eat and enjoy your cravings!"
- Biancha Jackson



FREE NUTRITION SERVICES



Individual Nutrition Counseling/Menu Ideas & Recipe Makeovers/ In-store Health Screenings & Advice/ Individual & Group Store Tours/ Cooking Demos & Food Tasting/ Kid's Events/ Community Health & Wellness Programs

Call or e-mail to schedule your FREE consultation today!

EVENT DETAILS

Friday December 7th, 2018

Better For You Baking Demo

Biancha will be collaborating with ShopRite of Newark's Bakery Department to provide you all with a sample of a colorful but nutritious better for you holiday baked good!

Time: 10:30 am - 12:30 pm

Location: ShopRite of Newark, Outside of the Dietitian's Office

Saturday December 15th, 2018

Pentecare Civic Outreach 9th Annual Christmas Celebration Community Event

Join HIPCC Pentecare for their 9th Annual Christmas Celebration! This day will be filled with music, food, arts and crafts, giveaways (clothes, coats shoes, toiletries, etc.) and much more! Biancha will be sampling a fun healthy holiday treat.

Time: 12:00 pm - 4:00 pm

Location: Harvest International Pentecostal Church of Christ - 43 Washington Ave. Irvington, NJ 07111

Friday December 21st, 2018

Lightened Up Holiday Favorites Demo

Looking for healthier ways to create your favorite holiday side dish? Join Biancha to sample a lightened up holiday favorite dish, along with tips and tricks for healthier holiday sides!

Time: 11:30 am - 1:30 pm

Location: ShopRite of Newark, Outside of the Dietitian's Office

Saturday December 29th, 2018

Holiday Appetizer Demo

The holiday season is not quite over! Make sure to stop by Biancha's table to sample an easy and simple holiday appetizer you can make over this holiday weekend

Time: 12:00 pm - 2:00 pm

Location: ShopRite of Newark, Outside of the Dietitian's Office



Simple Healthy Baking Swaps!

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