

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 CDH Branch of the Library Holiday Nutrition Gift Workshop Time: 11AM Location: CDH Branch of the Librarv. Blairstown
2 OFF	3 Office Hours! Call to schedule a FREE appointment today!	4 Walk with a Doctor and Dietitian- Healthy Holiday Eating Time: 9:30AM-10:30AM Location: ShopRite of Mansfield	5 Project TEACH Baby/Mother/Toddler Presentation Time: 11AM Location: Project TEACH Warren County	6 Healthy Holiday Event NE Branch of the Library Time: 6:30PM Location: NE Branch of the Warren County Library	7 Quarterly Dept. Manager's Meeting Time: 7:30AM Location: Perona Farms	8 OFF
9 OFF	10 Kids Cooking Class Time: 5PM Location: Seating Area at the ShopRite of Mansfield *Sign Up Required*	11 WTPL Story Time Time: 4PM Location: WTPL *A Very Merry Grinchmas*	12 Office Hours! Call to schedule a FREE appointment today!	13 Office Hours! Call to schedule a FREE appointment today!	14 Diet and Fitness Workshop Time: 6-9PM Location: Word of Life Church Hackettstown	15 OFF
16 OFF	17 RD Meeting 281 Time: 8AM	18 Break Room Bites Time: 10AM-1PM Location: Associate Break Room	19 Office Hours! Call to schedule a FREE appointment today!	20 OFF	21 Help in Departments *Limited Availability*	22 Merry GRINCHmas Party at the NE Branch of the Library Time: 12PM Location: NE Branch of the Warren County Library
23 Help in Departments *Limited Availability*	24 OFF	25 OFF MERRY CHRISTMAS!	26 Office Hours! Call to schedule a FREE appointment today!	27 Office Hours! Call to schedule a FREE appointment today!	28 New Year- New You Associate Resolution Event Location: Associate Break Room	29 OFF
30 OFF	31 Office Hours! Call to schedule a FREE appointment today!					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

JULIANNA GILLES
Registered Dietitian

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“People are so worried about what they eat between Christmas and the New Year, but they really should be concerned about what they eat between the New Year and Christmas”

-unknown

FREE NUTRITION SERVICES



EVENT DETAILS

Saturday- December 1st, 2018
 CDH Branch of the Library Healthy Holiday Workshop Event
 Join Julianna, Tara, and the librarians over at the CDH Branch of the library today for an exciting family event. We will be making gifts that are healthy for Santa's reindeer and for us to give as gifts. We also be making postcards for those in need!

Time: 11AM-2PM
 Location: CDH Branch of the Warren County Library

Tuesday- December 4th, 2018
 Walk with a Doctor and Dietitian
 Join Julianna and Dr. Manuela Hamaoui of Internal Medicine at Hackettstown for an In-store tour about eating healthy for the holidays. Get hands on advice In the environment where real life food choices are made. Registration Preferred.

Time: 9:30AM-10:30AM
 Location: ShopRite of Mansfield

Wednesday- December 5th, 2018
 Project TEACH
 Presentation on Baby/Toddler/Mother nutrition. More details to follow.

Time: 11AM
 Location: Project TEACH

Thursday- December 6th, 2018
 Healthy Holiday Cooking Event at NE Branch
 Julianna will be at the NE Branch of the library tonight showing everyone how to whip up a simple recipe for this holiday season. We will be focused on appetizers and also tips for making our holiday cooking healthier.

Time: 6:30PM
 Location: NE Branch of the Warren County Library

Monday- December 10th, 2018
 Kids Cooking Class
 Hey kids! Join us in the store tonight for Julianna's monthly kid's class. We will be making some holiday snacks that will be healthy and delicious!
 Sign Up Required

Time: 5PM
 Location: Eating Area at the ShopRite of Mansfield

Tuesday- December 11th, 2018
 WTPL Story Time
 Join Julianna, Ms. Kate-Lyn and Ms. Birch today as we have our monthly nutrition story time. This month we will be making GRINCH themed snacks!

Time: 4PM
 Location: WTPL

Friday- December 14th
 Diet and Fitness Workshop
 Julianna will be at the Word of Life Church in Hackettstown tonight for their diet and fitness fair. Multiple health resources from the community will also be present.

Time: 6-9PM
 Location: Word of Life Church, Hackettstown

Saturday- December 22nd, 2018
 Merry GRINCHmas Party at the NE Branch
 Julianna will be heading to the NE Branch of the library for an event that is sure to be great! We will make a healthy nutrition snack, work on a craft, and watch the original Grinch movie!

Time: 12PM
 Location: NE Branch of the Warren County Library

December 21st, 22nd, 23rd
 Julianna will be helping in various departments of the store during these days and appointment availability is limited.

FREE NUTRITION SERVICES



DIETITIAN
JULIANNA GILLES
 Registered Dietitian

The Health Elf is Back on the Shelf! Be on the lookout this month for the ShopRite of Mansfield Health Elf! Our health elf will be showing off some of the best healthy products we have here on our shelf in the store. Check in at the dietitian's office for a scavenger hunt worksheet!

