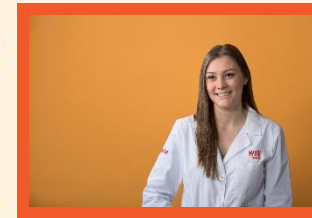


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Chocolate Hummus Tasting 11 - 1pm
2 OFF	3 Healthy During the Holidays Presentation 6 - 7pm Vauxhall Library	4 FREE Health Screening 12 - 3pm Nutrition Workshop 6 - 7pm Viva Z Club	5 Village RD Call 10 - 12pm Kids Cuisine 4 - 5pm Union Public Library	6 Cooking Class for Tweens 3 - 4pm Vauxhall Library	7 Weekly Wellness Spotlight Demo 12 - 2pm	8 OFF
9 OFF	10 Associate Inside Look 1 - 3pm Break Room	11 Healthy Habits Meet-Up 6 - 7pm Meet at Guest Services	12 OFF (P)	13 Weekly Wellness Spotlight Demo 12 - 2pm Produce	14 OFF	15 Wellness Endcap Demo 11 - 1pm
16 OFF	17 Kids Drop-In Recipe Assembly 2 - 4pm Bistro	18 Weekly Wellness Spotlight Demo 12 - 2pm	19 Nutrition Club 2 - 3pm Autumn Ridge	20 Festive Fruit Demo 11 - 1pm	21 Healthy Holiday Sampling 12 - 3pm	22 OFF
23 Healthy Holiday Sampling 12 - 3pm	24 OFF	25 MERRY CHRISTMAS	26 Associate Wellness 1 - 3pm Break Room	27 Office Hours 10 - 12pm Dietitian's Office	28 Weekly Wellness Spotlight Demo 12 - 2pm	29 OFF
30 OFF	31 Healthy New Year's Sampling 12 - 2pm					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Megan Hewitt, MS, RD
Registered Dietitian

(908) 851-0824
Megan.Hewitt@wakefern.com

"I got myself for Secret Santa. I was supposed to tell somebody, but I didn't."

-Kevin Malone
(The Office)



FREE NUTRITION SERVICES



The holidays can be a stressful time of year. Don't let the stress ruin your health and wellness goals this holiday season! Aim to drink at least 8 cups of water a day, be physically active, and get 7-8 hours of sleep a night. Make sure to stop by my office for healthy holiday recipes and Ingredient swaps!

EVENT DETAILS

SATURDAY, DECEMBER 1ST
Chocolate Hummus Tasting
 Swing by for a sample of chocolate hummus--the perfect healthier holiday dessert!

Time: 11 - 1pm

MONDAY, DECEMBER 3RD
Healthy During the Holidays
 Megan will discuss tips for holiday parties and meals, including healthy ingredient swaps.

Time: 6 - 7pm
Location: Vauxhall Library

TUESDAY, DECEMBER 4TH
FREE Health Screening
 Know your numbers! Stop by for a health screening with Horizon Blue Cross Blue Shield. They will be checking blood pressure, blood sugar, and cholesterol.

Time: 12 - 3pm
Location: ShopRite of Union

WEDNESDAY, DECEMBER 5TH
Kids Cuisine Workshop
 Megan will help the kids make a fun and healthy recipe! Contact the Union Public Library to register your child for this event.

Time: 4 - 5pm
Location: Union Public Library

THURSDAY, DECEMBER 6TH
Cooking Class for Tweens
 Tweens will make some easy and energizing snacks!

Time: 3 - 4pm
Location: Vauxhall Library

DECEMBER 7TH, 13TH, 18TH & 28TH
Weekly Wellness Spotlight Demo
 Each week, the new Wellness Spotlight case, located in produce, will feature a dietitian-selected item with recipes and nutrition tips!

Time: 12 - 2pm

TUESDAY, DECEMBER 11TH
Healthy Habits Meet-Up
 Everyone is invited to attend Megan's monthly support group! No registration is required.

Time: 6 - 7pm
Location: Meet at guest services

SATURDAY, DECEMBER 15TH
Wellness Endcap Sampling
 The Wellness Endcap is located in front of Aisle 1 and is stocked with better-for-you items!

Time: 11 - 1pm

WEDNESDAY, DECEMBER 19TH
Nutrition Club
 Megan is visiting Autumn Ridge to talk about staying healthy during the holidays. Contact Megan to schedule a nutrition presentation or event for your community group!

Time: 2 - 3pm
Location: Autumn Ridge

Healthy Holiday Appetizer: Pear & Pomegranate Salsa

Ingredients:

- 2 Bartlett pears, slightly ripe, diced
- 1 pomegranate, seeded
- 1/2 red onion, finely diced
- 1/2 cup cilantro, finely chopped
- 1/2 - 1 lime, juiced
- Salt and pepper, to taste
- Wholesome Pantry Organic blue corn tortilla chips

Directions:

1. Add diced pears, pomegranate seeds, red onion, and cilantro into a medium bowl and mix together.
2. Squeeze the lime juice over mixture and mix. Season with salt and pepper to taste.
3. Serve with Wholesome Pantry Organic blue corn tortilla chips OR over chicken or fish for a holiday-inspired healthy topping!

FREE NUTRITION SERVICES



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Call to schedule your FREE nutrition consultation!
 Weight loss ~ High blood pressure ~ High cholesterol ~ Diabetes ~ Celiac disease ~ Meal prep & planning ~ Store tours ~ And more!

