

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2 Happy Hanukkah! 	3 Well Everyday Demo 10 AM – 2 PM Sampling Station	4	5 Meals Made Well Demo 12 PM – 3 PM Sampling Station	6	7 Associate Inside Look 11 AM – 2 PM Break Room	8
9	10 Meals Made Well Demo 12 PM – 3 PM Sampling Station	11	12 Well Everyday Demo 10 AM – 2 PM Sampling Station	13	14 KIDS HOLIDAY SNACK CLASS! 4:30 PM – 5:30 PM Snowmen Pancakes & Reindeer Snack Mix	15
16 Well Everyday Demo 10 AM – 2 PM Sampling Station	17	18	19	20 Healthy Holiday Store Tour 10:30 AM – 12 PM Shoprite of Chester	21	22 Healthy Holiday Sampling!
23	24 Meals Made Well Demo 12 PM – 3 PM Sampling Station	25 Merry Christmas! 	26	27 New Year's Healthy Appetizers Demo! 11 AM – 2 PM Sampling Station	28 Associate Inside Look 11 AM – 2 PM Break Room	29
30	31 Well Everyday Demo 10 AM – 2 PM Sampling Station					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Stacie De Lucia
Dietitian

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FREE NUTRITION SERVICES



Look out for new products on our Well Everyday End Cap this month!
Located right across from the Juice Bar and next to the Meals Made Well Case.



EVENT DETAILS

DECEMBER 5, 10, & 24

Meals Made Well Demo

We have your Family Favorite Recipes with the ingredients and a recipe card laid out for you each week! Check out our Meals Made Well case, located near the juice bar! Stop by during a demo to try a sample!

Time: 12 PM – 3 PM

Location: Village Wellness Garden Sampling Station

DECEMBER 3, 12, 16, & 31

Well Everyday Demo

I will be sampling one of the featured items on our Well Everyday end cap! Come see how you can incorporate these healthy products for yourself and your families throughout your busy weeks.

Time: 10 AM – 2 PM

Location: Village Wellness Garden Sampling Station

DECEMBER 7 & 28

Associate inside Look

Associates will be sampling products and recipes from our current Well Everyday end cap and learning how to incorporate them into their upcoming holiday celebrations!

Location: Break Room

DECEMBER 14

KIDS HEALTHY HOLIDAY SNACK CLASS!

On the menu: Snowmen Fruit Pancakes & Reindeer Snack Mix Packs!

REGISTRATION REQUIRED

Ages 5-10

\$10 per child (cash or check made out to ShopRite of Chester)

Notify Stacie of food allergies in advance!

Time: 4:30 PM – 5:30 PM

Location: Meet at the Juice Bar

DECEMBER 20

Healthy Holiday Store Tour

Come meet me at the juice bar and join the tour! We will be going around learning how to read labels of common holiday items and also learn what items can be swapped for healthier options this season!

Time: 10:30 AM – 12 PM

Location: Meet at the Juice Bar

DECEMBER 22

Healthy Holiday Sampling!

Holiday Season continues! We are here to help you find everything you need, as well as keep you entertained while waiting in line. Come find me around the store, giving out healthy holiday samples, and ask me where to find a certain item you need!

Location: Checkout lines/ around the store

DECEMBER 27

New Year's Healthy Appetizers Demo!

Let's keep the festivities going to ring in the new year! I will be demoing some healthy appetizers along with recipe cards to take home everything you need for New Year's Eve celebrations!

Location: Village Wellness Garden Sampling Station

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Feel free to email me with any questions, to sign up for any events, or to set up a free consultation! I am here to help!

