

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Holiday Make & Take Event 11:00 am Blairstown Library
2 Happy Hanukkah!	3 OFF	4 FREE Diabetes Class 5:30 pm-6:30 pm	5 Office Hours Call Tara to schedule your FREE nutrition session today!	6	7 Frozen Friday Demo	8
9	10 OFF	11 Break Bites Associate Event	12 In-Store Kids Nutrition Class 5:00 pm *Registration Required*	13 Office Hours	14 Produce Pick Demo	15
16 Healthy Holiday Demo	17 RoNecto RD Meeting 8:00 am Succasunna	18 Office Hours Call Tara to schedule your FREE nutrition session today!	19	20 12 Days of Coupons Associate Event	21 Holiday Help	22
23 Holiday Help <i>Happy National Bake Day!</i>	24 OFF	25 Merry Christmas!	26 Office Hours	27 FREE Whole30 Workshop 6:00 pm-7:00 pm	28 Party Favorites Demo	29
30	31 New Year, New You Demo					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

TARA GERKE, RD
Registered Dietitian

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“Worried about holiday weight gain? Don’t! Make vegetables a priority everyday – try to eat 3 cups daily!”

-Tara

FREE NUTRITION SERVICES



Tara Gerke, 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 Tara directly to set up your next event!



EVENT DETAILS

<p>Saturday, December 1 Holiday Make & Take Event</p> <p>The hustle and bustle of the holiday season is here, but so is the spirit of giving. Visit the CDH branch of the Warren County Library with your family to take part in a special activity. Participants will make a healthy snack and decorate holiday postcards.</p> <p>Time: 11:00 am Location: Blairstown Library</p>	<p>Tuesday, December 4 FREE Diabetes Class</p> <p>In this FREE diabetes class, Tara will discuss the best foods to eat for managing diabetes and share her favorite product recommendations. Contact Tara to register.</p> <p>Time: 5:30 pm-6:30 pm Location: ShopRite of Succasunna</p>	<p>Friday, December 7 Frozen Friday Demo</p> <p>Tara will be in the frozen department today sampling one of her favorite frozen food items. Stop by that aisle to see what she has selected!</p>	<p>Tuesday, December 11 Break Bites – Associate Event</p> <p>Attention associates! Tara will be providing a healthy snack in the breakroom today along with some helpful holiday eating tips!</p>
<p>Wednesday, December 12 In-Store Kids Nutrition Class</p> <p>Kids are welcome to attend this FREE nutrition class and learn about winter produce. Attendees will make a healthy recipe to try. Appropriate for kids ages 6-12. Call or email Tara to sign up!</p> <p>Time: 5:00 pm Location: ShopRite of Succasunna</p>	<p>Friday, December 14 Produce Pick Demo</p> <p>Do you know what's in season in December? You'll soon learn! Tara will be in the produce department sharing a healthy recipe featuring in-season produce.</p>	<p>Saturday, December 15 Healthy Holiday Demo</p> <p>Tara will be sampling a healthy recipe you can share with your friends and family this holiday season! Copies of the recipe will be provided.</p>	<p>Monday, December 17 RoNecto Registered Dietitian Meeting</p> <p>The RoNecto registered dietitian team will be having their monthly meeting at the Succasunna store this month. The team will be discussing upcoming events including an associate wellness challenge!</p>
<p>Thursday, December 27 Whole30 Workshop</p> <p>Have you heard about the Whole30 program? Want to learn more about it before diving in? Join Tara as she goes over the program details and shares her favorite tips and product recommendations to make the program a success.</p> <p>Time: 6:00 pm-7:00 pm Location: ShopRite of Succasunna</p>	<p>Friday, December 28 Party Favorites Demo</p> <p>Looking for something fun and healthy to serve at your New Year's Eve party? Check out Tara's demo for some new ideas.</p>	<p>Monday, December 31 New Year, New You Demo</p> <p>Tara will be sampling a product that is sure to get your 2019 off to a healthy start! Visit her table to give it a try.</p>	

FREE NUTRITION SERVICES



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Please contact Tara Gerke, RD to sign up for the **In-Store Kids Nutrition Class** or the **Whole30 Workshop**!

