

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2	3 Snow Day Snacks <i>*children's event</i> Time: 4pm Chatham Library	4 Meals Made Well Demo Time: 12pm Demo Station	5 Village RD Conference Call Time: 10am-12pm	6 Healthy Holidays Time: 1-2:15pm Adult School	7 Well Everyday Endcap Demo Time: 11am Demo Station	8
9	10	11 Healthy Holidays Time: 12:30-1:30pm Chatham Sr. Center	12 Meals Made Well Demo Time: 12pm Demo Station	13	14 Biena Snacks Demo Time: 12pm Demo Station	15
16	17 Morris Knolls HS Store Tour Time: 11am SR of Greater Morristown	18 Meals Made Well Demo Time: 12pm Demo Station	19	20 Daisy's 'Respect Yourself' Class Time: 3:30pm In-Store <i>*private event</i>	21 Associate Sampling Time: 11am Breakroom	22
23 Seasonal Sampling Time: 12pm Demo Station	24 OFF	25 Merry Christmas! OFF	26 OFF	27 Meals Made Well Demo Time: 12pm Demo Station	28 Open Office Hours Time: 10am-12pm Office	29 Seasonal Sampling Time: 12pm Demo Station
30 Product Spotlight: Frieda's Demo Time: 12pm Demo Station	31 Associate Sneak Peak Time: 11am Breakroom					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Tory Stroker, MS, RD
Registered Dietitian

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“Wishing you a joyful and healthy holiday season with your loved ones!”

-Tory

FREE NUTRITION SERVICES



EVENT DETAILS

**Tuesday, December 3rd
Easy Snow Day Snacks**

Join Monica Hansen (Shoprite of Greater Morristown In-store RD) and Tory to make healthy and fun snow day treats!

**Time: 4pm
Location: Chatham Library**

**December 4th, 12th, 18th, 27th
Meals Made Well Demo**

Looking for inspiration for dinner? Come by the store to try out the featured meal of the week that is healthy and dietitian-approved.

**Time: 12pm
Location: Demo Station**

**Thursday, December 6th
Healthy Holidays**

Ever wonder how you can stay on track eating healthfully while still enjoying the holidays? Tory will share tips, tricks, and recipes to enjoy the holiday while maintaining your health goals.

**Time: 1-2:15pm
Location: Adult School**

**Friday, December 7th
Well Everyday Endcap Demo**

Check out our tasty new selections on the Well Everyday end cap!

**Time: 11am
Location: Demo Station**

**Friday, December 14th
Biena Demo**

Have you tried crispy chickpeas, one of the top food trends of 2018? Join Tory as she samples Biena chickpea snacks, which are high in fiber and protein-rich, not to mention delicious!

**Time: 12pm
Location: Demo Station**

**Monday, December 17th
Morris Knolls High School Store Tour**

Tory will be assisting Monica, the in-store dietitian of ShopRite of Greater Morristown to take the students of Morris Knolls High School on a store tour.

**Time: 11am
Location: Shoprite of Greater Morristown**

**Thursday, December 20th
Daisy's 'Respect Yourself' Petal Class**

Tory will be hosting a daisy meeting to learn all about healthy eating and respecting yourself and others.

**Time: 3:30pm
Location: In-store**

**December 23rd, 29th
Seasonal Sampling**

Come celebrate the end of 2018 by stopping by to try some healthy holiday treats with Tory!

**Time: 12pm
Location: In-store, TBD**

**Friday, December 28th
Open Office Hours**

Have any lingering nutrition questions or concerns? Make your free nutrition consultation for free today!

**Time: 10am-12pm
Location: Office**

**Sunday, December 30th
Frieda's Demo**

Frieda's Stokes Sweet Potatoes are not only on trend, but also in season! Stop by to sample some Stokes Sweet Potatoes and get some serious recipe inspiration.

**Time: 12pm
Location: Demo Station**

**Monday, December 31st
Associate Inside Look**

Associates get an exclusive sneak peak into the well everyday end cap for the next month!

**Time: 11am
Location: Breakroom**

Set yourself up for success this holiday season!

1. Have a balanced breakfast the morning of the holiday.
2. Schedule time to exercise before or after your meal; going for a family walk is one of my personal favorites!
3. Make half your plate vegetables – the fiber will fill you up and help with digestion and blood sugar control.

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Looking for some guidance with the holidays approaching and staying on track with your goals? Stop by to see Tory to develop and keep in-check healthy habits! What are you waiting for?

