

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 OFF
2 OFF	3 Diabetes Class Time: 5:30-6:30pm Location: ShopRite of Byram	4 Dietitian's Office Hours	5 OFF	6 Dietitian's Office Hours	7 Dietitian's Office Hours	8 Siggi's Demo Time: 12:00pm-2:00pm Location: Dairy Department
9 OFF	10 Zufall Children's Holiday Party Time: 6:00pm-8:00pm Location: Zufall Office of Newton	11 Dietitian's Office Hours	12 Dietitian's Office Hours	13 Associate Break Bites Time: 12:00-2:00pm Location: Break Room	14 Dietitian's Office Hours	15 OFF
16 Dietitian's Office Hours	17 Dietitian's Office Hours	18 Kids Class Time: 4pm-5pm Location: ShopRite of Byram	19 Holiday Kid's Class Time: 5pm-6pm Location: ShopRite of Franklin	20 Dietitian's Office Hours	21 OFF	22 Holiday Demos Time: 12:00pm-2:00pm Location: ShopRite of Franklin
23 Holiday Demo Time: 12:00pm-2:00pm Location: ShopRite of Franklin	24 Associate Break Bites Time: 12:00pm-2:00pm Location: Associate Break Room	25 OFF Merry Christmas!	26 OFF	27 Dietitian's Office Hours	28 Dietitian's Office Hours	29 OFF
30 OFF	31 NYE Demo Time: 12:00pm-2:00pm Location: ShopRite of Franklin					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Morgan Siniawa RDN

p:973-827-6135 ext 173
e: Morgan.SiniawaRD@wakefern.com

"The first wealth is health."

-Emerson



FREE NUTRITION SERVICES



Stop in, call, or email to make your FREE appointment today!

EVENT DETAILS

DATE: 12/3/2018

Diabetes Education Class
Join Theresa Callaghan, MS RD and Morgan at the ShopRite of Byram for the final installment of their four week diabetes education class.

Time: 5:30-6:30pm
Location: ShopRite of Byram

DATE: 12/8/2018

Siggi's Demo
Come visit Morgan in the dairy department as she offers information, samples, and coupons on a new product within the Siggi's yogurt line!

Time: 12:00-2:00
Location: Dairy department!

DATE: 12/10/2018

Zufall Holiday Party
Marykate Branche, RDN and Morgan participate in a holiday party for children in Sussex county.

Time: 6:00pm-8:00pm
Location: Zufall Center

DATE: 12/13/2018

Break Room Bites!
Calling all associates! Join Morgan at the ShopRite of Franklin for a healthy treat!

Time: 12:00pm-2:00pm
Location: Break Room

DATE: 12/18/2018

Kids Class
Join Theresa and Morgan as they help children explore their culinary creativity! Appropriate for ages 6-12! Call or email with questions and for registration!

Time: 4:00pm-5:00pm
Location: ShopRite of Byram

DATE: 12/19/2018

Holiday Kids Class
Join Morgan as she helps children explore their culinary creativity! Appropriate for ages 6-12! Call or email with questions and for registration!

Time: 5pm-6pm
Location: ShopRite of Franklin

DATE: 12/22/2018

Holiday Demo
Come try something new as Morgan demonstrates ways to put a healthy twist on holiday favorites!

Time: 12:00pm-2:00pm
Location: ShopRite of Franklin

DATE: 12/23/2018

Holiday Demo
Come try something new as Morgan demonstrates ways to put a healthy twist on holiday favorites!

Time: 12:00pm-2:00pm
Location: ShopRite of Franklin

DATE: 12/24/2018

Break Room Bites!
Calling all associates! Join Morgan, RDN at the ShopRite of Franklin for a healthy treat!

Time: 12:00pm-2:00pm
Location: Break Room

DATE: 12/31/2018

NYE Demo
Come try something new as Morgan demonstrates ways to put a healthy twist on holiday favorites!

Time: 10:00am-12:00pm
Location: ShopRite of Franklin

FREE NUTRITION SERVICES



DIETITIAN
MORGAN SINIAWA, RDN

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