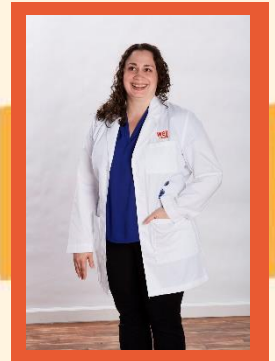


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Girl Scouts Time: 630pm Location: Culinary area	4 Lunch & Learn Time: 1130am Location: Franklin Lakes Borough Hall	5	6	7 Well Everyday Demo Time: 10am-1pm Location: Culinary area	8
9	10 Encouraging Healthy Eating Presentation Time: 1115-1215p Location: Dogwood School, Oakland	11 Diabetes Store Tour Time: 10-11am Location: <u>Dietitian's Office</u> Adult Culinary Wksp Time: 630-830p Location: Culinary area	12 Daycare Snacks Time: 930am Location: Enchanted Learning, Pompton Lakes	13 Daycare Snacks Time: 930am Location: Kradle to Kindergarten Healthy Eating Pres. Time: 5-6p Location: KIDS. Oakland	14 Mommy and Me Snack Class Time: 10-11a Location: Culinary area	15
16	17	18	19 Well Everyday Demo Time: 10am-1pm Location: Culinary area	20	21 Well Everyday Demo Time: 10am-1pm Location: Culinary area	22
23	24 Day off	25 Merry Christmas!	26 Day off	27 Day off	28 Day off	29
30	31 Day off					

**MONTHLY FOCUS**  
Healthy Holiday Traditions



**DIETITIAN**

**TARA BONANNO, MPH, RD**  
Registered Dietitian

p: 201-337-3900 x275  
e:Tara.Bonanno@wakefern.com

**FREE NUTRITION SERVICES**



Please contact Tara for more information on the following services:

- 1 on 1 nutrition counseling
- Store tours and wellness events for adults and children
- Educational presentations
- Group Classes



**EVENT DETAILS**

<p><b>December 3</b>  <b>Girls Scouts Event</b>                  Tara will be working with a local troop learning how to eat for beauty.</p> <p>Time: 630-730pm                  Location: Culinary area</p>	<p><b>December 4</b>  <b>Lunch &amp; Learn</b>                  Ready for a crash course in label reading? Tara will be answering nutrition questions with a focus on how to read the nutrition facts label.</p> <p>Time: 1130am                  Location: Franklin Lakes Borough Hall</p>	<p><b>December 7, 19, 21</b>  <b>Well Everyday Demo</b>                  Tara will be featuring products and ideas perfect for your next holiday gathering. Samples and recipes will be provided.</p> <p>Time: 10a-1p                  Location: Culinary area</p>	<p><b>December 10 &amp; 13</b>  <b>Encouraging Health Eating</b>                  Join us as Tara discusses ways to make the healthy choice the easy choice for our children.</p> <p>Time: Varies                  Location: Dogwood School, Oakland &amp; KIDS, Oakland</p>
<p><b>December 11</b>  <b>Diabetes Store Tour</b>                  Tour the store with Tara as we learn how to read labels for diabetics and which products are the best for a diabetic diet.</p> <p>Time: 10-11am                  Location: Dietitian's Office</p>	<p><b>December 11</b>  <b>Adult Culinary Workshop</b>                  Join Chef Jeff and Tara as we prepare our "Fast and Classy" menu featuring Holiday honey balsamic lamb chops, spinach stuffed mushrooms, and gingerbread mousse.</p> <p>Time: 630-830pm                  Location: Culinary area</p>	<p><b>December 12 and 13</b>  <b>Daycare snacks</b>                  Tara will be visiting with local daycares to make some healthy, festive snacks.</p> <p>Time: 930am-11am                  Location: Enchanted Learning, Pompton Lakes and Kradle to Kindergarten, Oakland</p>	<p><b>December 14</b>  <b>Mommy and Me Snack Class</b>                  Bring your little ones (ages 2-5) to our class to make holiday-themed snacks. They will be just as delicious as they are fun to make!</p> <p>Time: 10-11am                  Location: Culinary area</p>

**FREE NUTRITION SERVICES**



**DIETITIAN**

**TARA BONANNO, MPH, RD**  
 Registered Dietitian

p: 201.337.3900 x275  
 e: Tara.Bonanno@wakefern.com

Please contact Tara for more information on our upcoming programs:

- Diabetes Store Tour - 12/11 at 10am
- Mommy and Me Snack class - 12/14 from 10-11am

