



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Healthy Holiday Sampling
2 OFF Hanukkah Begins	3 Meals Made Well Sampling Time: 1:30-3:30pm	4 OHS Scavenger Hunt Time: 9:30-11:30am Location: In-store	5 Village Webex Time: 10am-12pm	6 Associate Inside Look Time: 1:30-3:30pm	7 Senior Nutrition Talk Time: 12:30-2:30pm Location: Walter G Alexander Center	8 OFF
9 OFF	10 (WELL)ness Endcap Sampling Time: 2-4pm	11 Mount Carmel Guild Academy Time: 1:30-4:30pm	12 Office Hours Time: 10am-4pm	13 Meals Made Well Sampling Time: 1:30-3:30am	14 The Zone Holiday Activity Time: 1:30-4:30pm	15 OFF
16 OFF	17 Dietitian's Pick Sampling	18 Meals Made Well Sampling Time: 1:30-3:30pm	19 Associate Snack! Breakroom	20 Healthy Holiday Sampling Time: 10am-3pm	21 OFF	22 Healthy Holiday Sampling Time: 10am-3pm
23 Healthy Holiday Sampling Time: 10am-3pm	24 OFF	25 Merry Christmas 	26 Office Hours Time: 10am-4pm	27 Meals Made Well Sampling Time: 1:30-3:30pm	28 Associate Snack Time: 11am-3pm	29 OFF
30 OFF	31 New Year's Eve 					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Jackie Philbin, RDN
Registered Dietitian

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"Enter quote here"
-first name

FREE NUTRITION SERVICES



Looking to set up a ***FREE*** nutrition counseling session?
Call or E-mail me, today!



EVENT DETAILS

December 1st, 20th, 22nd, & 23rd

Healthy Holiday Sampling

Jackie will be sampling a healthy holiday option on various dates in December!

December 3rd, 13th, 18th, & 27th

Meals Made Well Sampling

One stop shopping right across from customer service, our Meals Made Well case includes the ingredients and recipe for a Dietitian approved dinner option! Look for Jackie sampling this option weekly!

December 4th

OHS Nutrition Scavenger Hunt

Private Event Culinary students from Orange HS will be in-store participating in a healthy scavenger hunt

Time: 9:30am-11:30am
Location: in-store

December 7th

Senior Nutrition Talk

Jackie will be visiting Walter G Alexander apartments and providing a nutrition talk to seniors!

Time: 1pm-2pm

December 10th

(WELL)ness Endcap Sampling

Jackie will be sampling a specialty item from the Dietitian's endcap (located between aisles 7 and 8!)

December 11th

Mount Carmel Guild Academy

Jackie will be visiting and hosting a nutrition and culinary class to elementary students at the MCGA.

Time: 1pm-2pm
Location: Mount Carmel Guild Academy

December 12th & 22nd

Office Hours

Want to book a nutrition appointment or need help finding items in the store? Call Jackie and set up your *free* appointment today!

Time: 10am-4pm

December 14th

Holiday Cookie Activity!

Jackie will be at the Zone hosting a holiday cooking activity with students at Orange Prep Academy.

Time: 3pm-4pm
Location:

December 17th

Dietitian's Pick Sampling

Jackie will be sampling one of her favorite, new trending items!

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Looking to set up an event with Jackie in 2019? E-mail her today! She provides Lunch & Learns, nutrition classes, and nutrition talks to various organizations and groups!
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