

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Balanced Snacking while holiday shopping 11am-1pm Location:
2 A quick meal for the family during holiday shopping 11am-1pm	3 Customer Drop In 9am-11am Location:	4	5	6	7	8 Employee Wellness 10am-2pm
9 Balanced holiday lunch 11am-1pm	10 Preschool presentation at Ben Franklin School, Norwalk 10am	11	12	13	14 In the Aisle with Lisa 6pm-7pm	15 Balanced small meals during the busy holidays. 11am-1p
16 Gluten Free during the holidays. 11Am -1pm	17 Preschool presentation at Nathaniel Ely, Norwalk	18	19	20	21 In the Aisle with Lisa 6pm-7pm	22
23	24	25	26	27 Staying hydrated 11am	28 New Year's resolutions 11am	29
30	31					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

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Retail Dietitian

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“After a good dinner one can forgive anybody, even one’s relations”

-Oscar Wilde

FREE NUTRITION SERVICES



Come in for a personal store tour or a one on one nutritional counseling session.

