

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Toddler Tasters 10am APPLES	2 The Spice is Right Demo 11am-1pm	3 Derby Dips 11am-1pm	4
5 JCC Open House Cooking Demo 1-3pm	6 JCC Kids' Cooking Class - 4:30pm	7 Meal of the Week Sampling 11am-1pm	8 Specialty Grocery Show/ RD Meeting Katie out of office	9 Live! Mothers' Day Strawberry Dipping	10	11
12 <i>Mother's Day</i>	13 JCC Kids' Cooking Class - 4:30pm	14 Meal of the Week Sampling 11am-1pm	15 Toddler Tasters 10am CARROTS	16 Kids' Cooking Class: Fruit Sushi Ages 7-13 - 4:30pm **RSVP Required**	17 Diabetes Support Group 10-11am <i>RSVP to Katie</i>	18
19	20 Live Cooking Demo 11am JCC Kids' Cooking - 4:30pm	21 Meal of the Week Sampling 11am-1pm	22 Toddler Tasters 10am BROCCOLI	23 "New Moms" Class Series Sign up & Info Table	24 Memorial Day Party Sampling 10am-2pm	25
26	27 <i>Memorial Day</i>	28 Meal of the Week Sampling 11am-1pm	29 Toddler Tasters 10am WATERMEON	30 Produce Pick of the Week 11am-1pm	31	

MONTHLY FOCUS
Healthy in a Hurry



KATIE GALLAGHER
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FREE NUTRITION SERVICES



Attention New Moms & Moms-to-be:

Katie is starting a "New Moms" class series beginning in June. Stop by Katie's information table on May 23rd to learn more.
Unable to make it? Call or e-mail Katie for more details.



EVENT DETAILS

MAY 1st, 15th, 22nd, 29th

Toddler Tasters

Each class, Katie introduces a new fruit or veggie and allows toddlers to learn about each item through sensory play. Tasting/activities included.

Time: 10-10:30am

Location: In front of Seafood Counter

MAY 2nd

The Spice is Right Demo

Did you know May is Mediterranean month? Stop by Katie's demo table to learn more about how to incorporate different herbs and spices into your diet.

Time: 11am-1pm

Location: Produce

MAY 3rd

Derby Dips Demo

The Kentucky Derby is taking place May 4th. Stop by Katie's demo table for recipe inspiration for your Derby party.

Time: 11am-1pm

Location: Produce

MAY 5th

JCC Summer Camp Open House

Stop by the JCC Scranton to learn more about their summer camp. Katie will be doing a live demo with samples!

Time: 1-3pm

Location: Jewish Community Center (JCC) – 601 Jefferson Ave., Scranton, PA

MAY 6th, 13th, 20st

JCC Kids' Cooking Class

Katie is teaching kids' cooking classes at the JCC Scranton. Open to all. Must register with the JCC.

Time: 4:30-5:30pm

Location: JCC Scranton – 601 Jefferson Ave., Scranton, PA

MAY 9th

Mother's Day

Live Strawberry Dipping

Katie's food philosophy is all foods fit – including chocolate dipped strawberries! Stop by our live dipping station to get your Mom some sweet treats.

MAY 14th, 21st, 28th

Meal of the Week Sampling

Looking for meal inspiration? Stop by Katie's sampling table to taste our Meals Made Well Meal of the Week Recipe!

MAY 16th

Kids' Cooking Class (Ages 7-13)

Recipe: Blueberry Fruit Sushi
Space is limited.

Must register with Katie by May 14th.

Time: 4:30-5:30pm

Location: In front of Seafood Counter

MAY 17th

Diabetes Support Group

Each month, Katie presents information about a diabetes-related topic and then opens the discussion up to the group. RSVP to Katie

Time: 10am

Check-in at Customer Service

MAY 20th

Live! Cooking Demo

Katie will be doing a live cooking demonstration. Stop by for cooking tips and a delicious sample.

Time: 11am

Location: In front of Seafood Counter

MAY 23rd

NEW: "New Moms" Class Series – Information Table & Sign up

This summer, Katie will be hosting a class geared towards New Moms and Moms-to-Be. Stop by Katie's information table to learn more and/or register!

MAY 24th & 30th

Sampling Days

Stop by Katie's sampling table for a taste of something delicious and nutritious.

Time: See calendar

Location: Produce

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DIETITIAN

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Looking to meet with a Registered Dietitian to discuss your nutrition goals/needs? Contact Katie to schedule a free nutrition consultation!
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