

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Healthy Product Sampling Time: 12:00am-2:00pm Location: Produce
2	3 Storytime & Samples Time: 10am Location: Washington Nursery School	4 MyPlate 2nd Grade Presentation Time: 9:30am Location: Oxford Central School	5	6	7 Healthy Product Sampling Time: 11:00am-12:00pm Location: Produce	8
9	10	11	12	13	14	15
16	17	18 Adult Culinary Workshop Time: 6:00-8:00pm Location: Culinary Kitchen	19	20 Preschool Healthy Snacks Class Time: 10:00am Location: Culinary Kitchen	21 Healthy Product Sampling Time: 1:00-3:00pm Location: Produce	22 Healthy Holiday Sampling Time: Varies Location: Grocery Dept
23	24 Healthy Holiday Sampling Time: Varies Location: Grocery Dept	25 Merry Christmas!	26	27 Healthy Product Sampling Time: 11:00am-1:00pm Location: Produce	28 Healthy Product Sampling Time: 1:00-3:00pm Location: Produce	29
30 COUPON FEST! Time: 12:00-1:00pm Location: Produce Dept	31					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Carly Sopko, RDN
Registered Dietitian
Nutritionist

908.689.3249
Carly.Sopko@wakefern.com



FREE NUTRITION SERVICES



EVENT DETAILS

MONDAY DECEMBER 3

Storytime & Samples

Carly will be visiting a local nursery school to read a story and share some healthy snacks with the children.

Time: 10:00am

Location: Washington Nursery School

TUESDAY DECEMBER 4

2nd Grade MyPlate Presentation

Carly will be presenting to local 2nd grade classrooms about the importance of healthy eating and how to use the MyPlate as a guide.

Time: 9:30am

Location: Oxford Central School

TUESDAY DECEMBER 18

**Meals Made Well
Adult Culinary Workshop -\$20**

Ages 16 and up are welcome to join our monthly culinary workshop class. We prepare 3 recipes and eat them all! On the menu: Honey Balsamic Pork Chops, Spinach Stuffed Mushrooms, Gingerbread Mousse. Email carly.sopko@wakefern.com to reserve your seat!

Time: 6:00-8:00pm

Location: Culinary Kitchen

THURSDAY DECEMBER 20

**Preschool Healthy Snacks Class
FREE! Ages 3-5**

Carly will be hosting a fun-filled snack craft class for preschool-aged children. On the menu: reindeer trail mix and Grinch kabobs. Email carly.sopko@wakefern.com to reserve your seat!

Time: 10:00-10:45am

Location: Culinary Kitchen

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