

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Meals Made Well Demo! 11am - 1pm VWG Tasting Station
2 Well Everyday End Cap Demo! 1pm - 3pm In front of aisle 4/5	3	4 Healthy Holiday Treats! 4:30pm - 5:30pm Watchung Library *Registration Required*	5 Village RD Conference Call Time: 10am-12pm	6 Food Fun Kids Event! 5:30pm - 6:30pm Long Hill Library *Registration Required*	7 Meals Made Well! 1pm - 3pm VWG Tasting Station	8
9	10 Dietitian Office Hours 11am -3pm	11 Healthy Snack Assembly! 12pm - 2pm Warren DLC	12 Festive Holiday Snacks! 4:30pm - 5:30pm Warren Library *Registration Required*	13 Healthy Holiday Cooking Talk! 5:30pm - 6:30pm Dunellen Library *Registration Required*	14 Meal of the Week Demo! 11am -1 pm VWG Tasting Station	15
16	17 Kids Drop-In Cookie Decorating! 3pm - 5pm Village Wellness Garden	18 Healthy Holiday Cooking! 10:30am - 11:30am Warrenbrook Senior Center	19 Meal of the Week Demo! 2pm - 4pm VWG Tasting Station	20 Michelle's Healthy Holiday Pick! 2pm - 4pm VWG Tasting Station	21 Associate Inside Look! 12 - 2pm Break Room	22
23 Healthy Holiday Sampling! 11am - 3pm Front End	24 Healthy Holiday Sampling! 11am - 3pm Front End	25 Merry Christmas!	26 OFF (P)	27 OFF (P)	28 OFF	29 OFF
30 OFF	31 New Year Sampling Event! 11am - 1pm VWG Tasting Station					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Michelle Sweeney, RDN
Registered Dietitian
Nutritionist

(908) 604- 8935
Michelle.Sweeney@wakefern.com

Have a happy and healthy holiday season!
-Your in-store dietitian, Michelle



FREE NUTRITION SERVICES



I'm here to help you keep those health and wellness goals during this holiday season! Check out the table outside my office to find easy and healthy holiday recipes that are not only sure to be a hit at your next gathering but keep you on track to your goals!

EVENT DETAILS

**DECEMBER 1st, 7th, 14th and 19th
Meals Made Well Demo!**

The new featured meal for the week will be available for sampling! These recipes have been made by ShopRite's Health & Wellness team to provide you with healthy lunch and dinner options!

Time: Varies, see calendar
Location: Village Wellness Garden

**SUNDAY, DECEMBER 2nd
Well Everyday End Cap Demo!**

Stop by the Well Everyday End Cap to sample some featured products for our Healthy Holiday Traditions theme! Michelle will also be providing recipes and nutrition tips to keep you inspired in the kitchen!

Time: 1pm - 3pm
Location: In front of aisles 4/5

**TUESDAY, DECEMBER 4th
Healthy Holiday Treats!**

Michelle will be at the Watchung Library to make healthy holiday treats! Space is limited and registration is required!
Registration Required

Time: 4:30pm - 5:30pm
Location: Watchung Library

**THURSDAY, DECEMBER 8th
Food Fun Kids Event!**

Michelle will be hosting an event titled "Food Fun" for kids! Children will be creating their own healthy "food masterpieces" while learning about nutrition!
Registration Required

Time: 5:30pm - 6:30pm
Location: Long Hill Library

**MONDAY, DECEMBER 10th
Dietitian Office Hours**

Do you have any nutrition questions? Are you looking for tips to achieve your goal of living a healthier lifestyle? Michelle offers FREE one-on-one nutrition counseling, individual or group store tours, cooking demos and community events!

Time: 11am - 3pm
Location: Dietitian's Office

**TUESDAY, DECEMBER 11th
Healthy Snack Assembly!**

Michelle will be showing the students at the Warren DLC on how to make tasty and nutritious holiday themed snacks!

Time: 12pm - 2pm
Location: Warren DLC

**WEDNESDAY, DECEMBER 12th
Festive Holiday Snacks!**

Michelle will be at the Warren Library to show children ages 3-6 on how to make fun, healthy and festive holiday snacks!
Registration Required

Time: 4:30pm - 5:30pm
Location: Warren Library

**THURSDAY, DECEMBER 13th
Healthy Holiday Cooking Talk!**

Michelle, your in-store dietitian at the ShopRite of Stirling will be visiting the Dunellen Library to talk about how to lighten up holiday favorites!
Registration Required

Time: 5:30pm - 6:30pm
Location: Dunellen Library

**MONDAY, DECEMBER 17th
Kids Drop-In Cookie Decorating Event!**

Michelle will be setting up a table for children to come and decorate their own cookie for the holidays! Please let Michelle know about any allergies before participating!

Time: 3pm - 5pm
Location: Village Wellness Garden

**TUESDAY, DECEMBER 18th
Healthy Holiday Cooking!**

Michelle will be visiting the Warrenbrook Senior Center to talk about how to lighten up holiday favorites!

Time: 10:30am - 11:30am
Location: Warrenbrook Senior Center

**DECEMBER 20th, 23rd, 24th, and 31st
Healthy Holiday Sampling!**

Your in-store Registered Dietitian Michelle will be sampling some of her favorite holiday products for all guests to try!

Time: Varies, see calendar
Location: Village Wellness Garden

**DECEMBER 25 – 30th
Out of office**

Michelle will be out of the office but please leave a voicemail or send an e-mail and she will respond when she returns!
908-604-8935
Michelle.Sweeney@wakefern.com

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