

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 OFF
2 OFF	3 OFF	4 Hillsborough Township Healthier Holidays Presentation Time: 11:30 pm	5 Village Call Time: 10:00-12:00 Associate Inside Look Time: 1:00 pm	6 Healthy Holiday Habits Class Series Time: 6:00 pm	7 Meals Made Well Demo Time: 12:00 pm	8 Product Spotlight Sampling Time: 11:00 am
9 OFF	10 HHS Healthier Holidays Presentation for Teachers Time: 10:15-12:45 pm	11 Meals Made Well Demo Time: 11:00 am	12 Pre-K Kids Class Time: 11:00 am	13 Healthy Holiday Habits Class Series Time: 6:00 pm	14 Hillsborough Seniors Healthy Holiday Favorites! Time: 11:00 am	15 OFF
16 OFF	17 Meals Made Well Demo Time: 11:00 am	18 Adult Holiday Baking Swaps Class Time: 6:00 pm	19 Kids Cookie Decorating Class Time: 4:30 pm	20 Healthy Holiday Habits Class Series Time: 6:00 pm	21 Front End Sampling	22 OFF
23 Front End Sampling	24 OFF	25 OFF	26 Meals Made Well Demo Time: 4:00 pm	27 Associate Healthier New Year Program Time: 10:00 am Kid's Winter Snack Class Time: 11:30 am	28 Lucky Foods for the New Year! Time: 11:00 am	29 OFF
30 Holiday Mocktails Time: 11:00 am	31 OFF					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Sam Nuzio, MS, RD
Dietitian

p: 908.359.0313
e: samantha.nuzio@wakefern.com

“Balance during the holidays is possible! Stop in for some suggestions!”
-Sam



FREE NUTRITION SERVICES



Our Healthy Habits Class Series will be Thursdays leading up to the Christmas holiday! We will discuss barriers, struggles, suggestions and even sample some recipes! If you are Interested in participating, please contact Sam to register!

EVENT DETAILS

<p>TUESDAY DECEMBER 4TH Hillsborough Township Healthier Holidays Presentation</p> <p>Sam will be presenting to the township staff about healthier dessert options for the holidays!</p> <p>Time: 11:30 am Location: The Municipal Building</p>	<p>THURSDAY DECEMBER 6TH, 13TH, 20TH Healthier Holiday Habits Class Series</p> <p>The purpose of this class is to help people stay on track during the holidays! We will try something new each week! Contact Sam to register!</p> <p>Time: 6:00 pm</p>	<p>FRIDAY DECEMBER 7TH Meals Made Well Demo</p> <p>Sam will be sampling part of the meal of the week! Stop in to sample.</p> <p>Time: 12:00 pm</p>	<p>MONDAY DECEMBER 10TH HHS Healthier Holidays Presentation for Teachers</p> <p>Sam will be presenting to the teachers during their lunch periods about healthier holiday tips!</p> <p>Time: 10:15 am</p>
<p>WEDNESDAY DECEMBER 12TH Pre-K Kids Class</p> <p>The kids and parents are invited to make a healthier winter treat out of different better-for-you items! Registration is required, contact Sam to register!</p> <p>Time: 11:00 am</p>	<p>FRIDAY DECEMBER 14TH Hillsborough Seniors Presentation</p> <p>Sam will be presenting to the Hillsborough Seniors about Healthier Holiday Favorites</p> <p>Time: 11:00 am</p>	<p>TUESDAY DECEMBER 18TH Adult Healthy Baking Swaps Class</p> <p>This class is about healthier baking swaps. We will make three recipes and talk about portion control! Registration is required. There is a \$10 per person fee for this class to cover the cost of ingredients!</p> <p>Time: 6:00 pm</p>	<p>WEDNESDAY DECEMBER 19TH Kid's Holiday Cookie Decorating Class</p> <p>Sam will host a cookie decorating class! We will make a batch of healthier oatmeal cookies, then we will decorate sugar cookies just in time for the holidays! Registration is required and the cost of this class will be \$5 per person to cover the cost of ingredients and materials.</p> <p>Time: 4:30 pm</p>
<p>THURSDAY DECEMBER 27TH Associate Healthier New Year Program</p> <p>Sam will be hosting an event on resolution goal setting and providing tips and tricks to our associates for starting off 2019 as healthy as possible!</p> <p>Time: 10:00 am</p>	<p>THURSDAY DECEMBER 27TH Kid's Winter Snack Building Class!</p> <p>The kids will make Moose Munch for the New Year! We will also talk about healthier lucky foods and food traditions for ringing in 2019! Registration is required, contact Sam.</p> <p>Time: 11:30 am</p>	<p>FRIDAY DECEMBER 28TH Lucky Foods for the New Year!</p> <p>Sam will be sampling Lucky Foods for ringing in 2019!</p> <p>Time: 11:00 am</p>	<p>SUNDAY DECEMBER 30TH Holiday Mocktails!</p> <p>Sam will be sampling some classic holiday mocktails to taste!</p> <p>Time: 11:00 am</p>

FREE NUTRITION SERVICES



DIETITIAN
Sam Nuzio, MS, RD
Registered Dietitian

p:908.359.0313
e:samantha.nuzio@wakefern.com

Check out the kid and adult classes going on this month!
Registration is required for most events, please contact Sam for more information!

