

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Village RD Meeting Time: 1pm Village Main Office	2 OFF	3 Montgomery High School Fair Time: 8:45 am 5S Office Transition Time: 11:30	4 OFF
5 OFF	6 Mom's Club: Picky Eaters Seminar Time: 10:00 am	7 Associate Trending Item Sampling Time: 11:00 am	8 OFF (P)	9 Office Hours Time: 6:00-8:00 pm	10 Weekly Wellness Spotlight Time: 12:00 pm	11 OFF
12 Mother's Day Event Time: 9:00 am	13 Gut Health Seminar and Cooking Class! Time: 6:00 pm	14 Weekly Wellness Spotlight Time: 4:00 pm Women's Club Time: 7:30 pm	15 Sunnymead IRUN Time: 3:20 pm Healthy Habits Class Time: 6:00 pm	16 Trending Item Demo Time: 12:00 pm	17 OFF	18 OFF
19 YMCA Healthy Kid's Day! Time: 10:00 am	20 OFF	21 Associate Lightened Up Lunch Event Time: 11:00 am	22 Healthy Habits Class Time: 6:00 pm	23 New Moms Wellness Walk Time: 1:00 pm Wellness Spotlight Time: 2:00 pm	24 OFF	25 Memorial Day Simple Side! Time: 11:00 am
26 OFF	27 Happy Memorial Day! OFF	28 OFF	29 Healthy Habits Class+ Wellness Product Spotlight Time: 6:00 pm	30 Pre-K Class: Apple Doughnuts Time: 11:00 am	31 Weekly Wellness Spotlight Time: 11:00 am	

MONTHLY FOCUS
Healthy in a Hurry



DIETITIAN

Sam Nuzio, MS, RD
Registered Dietitian

(908) 359-0313
Samantha.Nuzio@wakefern.com

FREE NUTRITION SERVICES



If you are picking up flowers or a card on Mother's Day for Mom, stop by Sam's table to make her a healthier treat and a personalized card! The event will run from 9:00 am – 12:00 pm. See you there!



EVENT DETAILS

MONDAY MAY 6TH

Picky Eaters Presentation at the Mom's Club at the Library!

Sam will be presenting tips and recipe ideas for moms of picky eaters!

Time: 10:00 am

SUNDAY MAY 12TH

Mother's Day Event!

We will be making cards and a healthier treat for mom!

Time: 9:00 am – 12:00 pm

MONDAY MAY 13TH

Gut Health Seminar & Cooking Class!

Sam will be hosting a class discussing the latest research around gut health and we will make a gut-friendly recipe! Registration is required, cost: \$10 per person. Contact Sam to register!

Time: 6:00 pm

WEDNESDAY MAY 15TH, 22ND, 29TH

Healthy Habits Class Series

Sam will be hosting a free three week class series for customers who are interested in learning more about nutrition and developing healthier habits.

Time: 6:00 pm

SUNDAY MAY 19TH

YMCA Healthy Kid's Day

Sam will have a table at the YMCA's Healthy Kid's Day with a fun nutrition activity at Somerset Patriot's Stadium!

Time: 10:00 am

THURSDAY MAY 23RD

New Moms Wellness Walk

This tour through the store will focus on foods for new moms throughout the pregnancy and breastfeeding stages as well as healthy loss of baby weight. Registration is required, contact Sam!

Time: 1:00 pm

SATURDAY MAY 25TH

Memorial Day Pineapple Guacamole Recipe!

Sam will be sampling a dip that can be made in 30 seconds or less for your Memorial Day celebration!

Time: 11:00 am

THURSDAY MAY 30TH

Pre-K Class

Sam will be making apple doughnuts and fruit butterflies with the 3-5 year olds!

Time: 11:00 am

FREE NUTRITION SERVICES



DIETITIAN

Sam Nuzio, MS, RD
Registered Dietitian

(908) 359-0313

Samantha.Nuzio@wakefern.com

If you are a member of a community organization and would like to partner for an event over the summer, reach out to Sam to brainstorm ideas and dates!

