


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 OFF
2 <i>Happy Hanukkah</i>	3 <b>Healthy Eating on a Budget</b> 11:00- 11:30am Franklin Township Senior Center	4 <b>Associate Inside Look</b> 11:30am - 1:30pm Break Room	5 <b>Dietitian Meeting</b>	6 OFF	7 <b>Meals Made Well Recipe Tasting</b> 11am - 1pm In Front of Produce	8 OFF
9 OFF	10 OFF	11 <b>Healthy Holiday Appetizers</b> 2 - 3pm Franklin Township Public Library	12	13 <b>Meet the RD!</b> 11am-1pm & 4-6pm Dietitian's Nook (near seafood)	14	15 <b>Meals Made Well Recipe Tasting</b> 11am - 1pm In Front of Produce
16 OFF	17 <b>Meals Made Well Recipe Tasting</b> 11am - 1pm In Front of Produce	18	19 <b>Associate Recipe Tasting</b> 2:30-4:30pm Break Room	20	21 <b>Well Everyday Sampling</b> 12 - 2pm Back of aisle 5	22 OFF
23 <b>Healthy Holiday Sampling!</b>	24 OFF	25 <i>Merry Christmas</i>	26 OFF	27 <b>Kids Cooking Class!</b> 11am-12:30pm Bistro Seating Area Register for FREE!	28 <b>Healthy Holiday Beverages</b> 10:30 - 11:30am Quail Brook Senior Center	29 <b>Meals Made Well Recipe Tasting</b> 11am - 1pm In Front of Produce
30 OFF	31 <b>Festive Mocktail Sampling!</b>					

**MONTHLY FOCUS**  
Healthy Holiday Traditions



**DIETITIAN**

**Aliz Holzmann RD, CSSD, CDE**  
Registered Dietitian

(732) 748-7692  
aliz.holzmann@wakefern.com

*"The fondest memories are made when gathered around the table."*

-unknown



**FREE NUTRITION SERVICES**



FREE Individual Nutrition Counseling | Food Intolerances & Special Diets | Menu Ideas & Recipe Makeovers Cooking Demos | Kids Events | Individual & Group Store Tours | Community Health & Wellness Programs

**EVENT DETAILS**

**December 3rd**

**Healthy Eating on a Budget**

Learn how to plan and prepare healthy meals that won't break the bank!

11-11:30am

Franklin Township Senior Center

**December 7th**

**Meals Made Well Recipe Tasting**

Stop by to taste a sample of our featured healthy meal of the week!

11am-1pm

Front of the Produce Dept.

**December 11th**

**Healthy Holiday Appetizers**

Learn to create delicious & nutritious holiday appetizers that all of your guests will love!

2-3pm

Franklin Township Library

*Registration required. Please contact the library.*

**December 13th**

**Meet the RD**

Get to know your new ShopRite RD! Stop by for healthy samples, recipes, and more. Learn about all the ways that you can work with Aliz.

11am-1pm & 4-6pm

Dietitian's Nook

**December 15th**

**Meals Made Well Recipe Tasting**

Stop by to taste a sample of our featured healthy meal of the week!

11am-1pm

Front of the Produce Dept.

**December 17th**

**Meals Made Well Recipe Tasting**

Stop by to taste a sample of our featured healthy meal of the week!

11am-1pm

Front of the Produce Dept.

**December 21st**

**Well Everyday Sampling**

Stop by the Well Everyday End Cap to sample featured products from the Healthy Holiday Traditions theme!

2-4pm

Back of Aisle 5

**December 23rd**

**Healthy Holiday Sampling**

Sample healthy treats while you shop! Ask Aliz for tips on planning & preparing a healthy holiday meal.

Throughout the day near the registers!

**December 27th**

**Kids Cooking Class!**

For children ages 6-10 years old. Children will create a personal pizza and dessert pizza while learning about MyPlate.

11am-12:30pm

The Bistro seating area

*Registration is FREE! Please register at customer service. Space is limited.*

**December 28<sup>th</sup>**

**Healthy Holiday Beverages**

Learn how to create delicious & nutritious holiday drinks that will wow your guests!

10:30-11:30am

Quail Brook Senior Center

**December 29th**

**Meals Made Well Recipe Tasting**

Stop by to taste a sample of our featured healthy meal of the week!

11am-1pm

Front of the Produce Dept.

**December 31st**

**Festive Mocktail Sampling**

Sample festive mocktails that you can serve for a healthy & safe New Year's celebration!

Throughout the day near the registers!

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Hello! I am very excited to join the ShopRite of Somerset as your in-store dietitian. It is my passion to help others develop a healthy relationship with food and to inspire others to make healthy choices for their well-being. Please stop by my office or email me if you would like a FREE nutrition consult. Have a Healthy & Happy Holiday!

