

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Off	4 <b>Dietitian Office Hours</b> Time: 10-2pm Location: Dietitian's Corner	5 <b>Village Dietitian Conference Call</b> Time: 10am-12pm	6 <b>Meals Made Well Recipe Tasting</b> Time: 11am Location: Produce	7 <b>Well Everyday Inside Look for Associates</b> Time: 11am-2pm Break Room	8 <b>Well Everyday End Cap Sampling</b> Time: 11am Location: Back of Aisles 4 & 5
9 <b>Well Every Demo</b> Time: 11am Location: Back of Aisles 4 & 5	10 <b>Boy Scouts Tiger Bites Badge</b> Time: 6:30-7:30pm	11 Off	12 <b>Bernards Township Chamber of Commerce Fitness Program</b> Time: 4:30pm Location: Fitness Together	13 <b>Meals Made Well Recipe Tasting</b> Time: 11am Location: Produce	14 <b>Pre-School Story Time</b> Time: 10:30am Location: Bernardsville Library	15
16	17 <b>Brownie Troop Healthy Snack Badge</b> Time: 3:30-5:15	18 <b>Mini Chefs Cooking Class</b> Time: 5pm NJ Cancer Support Community	19 <b>Healthy Winter Meals</b> Time: 10:30am Location: Senior Wellness Center	20 <b>Meals Made Well Recipe Tasting</b> Time: 11am Location: Produce	21 <b>Healthy Holiday Sampling!</b> Time: 10am-2pm Location: Total store	22
23 <b>Healthy Holiday Sampling!</b> Time: 9am-1pm Location: Total store	24 Off	25 <b>Merry Christmas!</b>	26 <b>Winter Cooking Camp</b> Time: 10:30am-12pm <b>Must Pre-Register!</b>	27 <b>Teen Cooking Class</b> Time: 4:30pm Location: Bernardsville	28 <b>Winter Cooking Camp</b> Time: 10:30am-12pm <b>Must Pre-Register</b>	29
30	31 <b>Winter Cooking Camp</b> Time: 10:30am-12pm <b>Must Pre-Register</b>					

**MONTHLY FOCUS**  
Healthy Holiday Traditions



**DIETITIAN**

**Allie Sanderson, RD**  
Registered Dietitian

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**"Food is the most primitive form of comfort."**

-Sheilah Graham

**FREE NUTRITION SERVICES**



**Allie's Winter Cooking Camp for Kids**

Wednesday, December 26th, Friday, December 28th, and Monday, December 31st  
10:30am-12pm

\$10 per child per class ~ Register at the Courtesy Desk for any or all days!



**EVENT DETAILS**

**December 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>**  
**Meals Made Well – Recipe Tasting**  
 Introducing our new Meals Made Well meal of the week program – our solution for family meals! Find the recipe and ingredients required in the specially marked refrigerated case.  
**Time: 11am**  
**Location: Produce Department**

**Friday, December 7<sup>th</sup>**  
**Well Everyday Inside Look for Associates!**  
 Allie will be sampling a few items from this month's Well Everyday end cap and polling our store associates on their favorites! The winning item will be sampled for customers on Saturday, December 8th at 11am.  
**Time: 11am**  
**Location: Break Room**

**Saturday, December 8<sup>th</sup>**  
**Well Everyday End Cap Sampling**  
 Check out our tasty new selections on the Well Everyday end cap! Based on the survey from our associates, the winning product will be sampled! This month's theme is Healthy Family Favorites.  
**Time: 11am**  
**Location: Back of Aisles 4 & 5**

**Monday, December 10<sup>th</sup>**  
**Boy Scouts – Tiger Bites Badge**  
 Allie will be teaching Tiger scouts about fruits, vegetables, and how to make a healthy snack!  
**Time: 6:30-7:30pm**

**Wednesday, December 12<sup>th</sup>**  
**Bernards Township Chamber of Commerce Kids Fitness Program**  
 Allie will be teaching local children about living a healthy lifestyle by choosing tasty and nutritious foods.  
**Time: 4:30pm**  
**Location: Fitness Together - Basking Ridge**

**Friday, December 14<sup>th</sup>**  
**Pre-School Story Time**  
 Allie will be reading a story to pre-schoolers and then they will make a snack all together!  
**Time: 10:30am**  
**Location: Bernardsville Library**

**Tuesday, December 18<sup>th</sup>**  
**Mini Chefs Cooking Class**  
 Allie will be teaching a group of children some basic cooking skills while creating fun, tasty, and nutritious recipes.  
**Time: 5-6pm**  
**Location: NJ Cancer Support Community**

**Wednesday, December 19<sup>th</sup>**  
**Healthy Winter Meals**  
 Allie will be reviewing comforting and healthy winter meals to warm seniors up during the cold winter months.  
**Time: 10:30am**  
**Location: Senior Wellness Center**

**December 21<sup>st</sup> & 23<sup>rd</sup>**  
**Healthy Holiday Sampling**  
 Look for Allie while you shop to grab a quick snack to power you through your holiday grocery shopping!  
**Time: 9am-2pm**  
**Location: Registers, total store**

**December 26<sup>th</sup>, 28<sup>th</sup>, 31<sup>st</sup>**  
**Allie's Winter Cooking Camp**  
 Looking for something fun for the kids to do while they're off for Christmas week? Register them for my in-store cooking camp! See the next box for more information --> --> --> --> --> -->  
**Time: 10:30am-12pm**

**Allie's Winter Cooking Camp**  
**\$10 per child per day**  
*You can sign up for 1, 2, or all 3 days!*  
Register at the courtesy desk. We'll be making festive and healthy winter themed recipes right here in ShopRite  
*Best for ages 6-10 years old*

**Thursday, December 27<sup>th</sup>**  
**Cooking Class for Teens**  
 Allie will be teaching local teens a few basic cooking techniques while making yummy recipes.  
**Time: 4:30pm**  
**Location: Bernardsville Library**

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**Make resolutions that are easily attainable!**

- "Lose weight" --> eat 2 more salads each week instead of take out
- "Lose weight" --> work out 30 minutes per day (or during commercials)
- "Lose weight" --> Portion snack foods (measure package serving sizes)

