

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <b>Hours: 8:00-4:30</b> Office Hours: Call Amanda to schedule your FREE appointment today!
2 <b>OFF</b>	3 <b>Hours: 7:30-4:00</b> Project Healthy Bones, Benefits of Calcium <b>Time: 10 am</b>	4 <b>Hours: 9:30-6:00</b> Office Hours: Call Amanda to schedule your FREE appointment today!	5 <b>Hours: 7:30-4:00</b> Out of the Office	6 <b>Hours: 9:30-6:00</b> Shaping Dover, Farmers Market <b>Time: 1-5 pm</b>	7 <b>OFF</b>	8 <b>OFF</b>
9 <b>OFF</b>	10 <b>Hours: 7:30-4:00</b> Office Hours: Call Amanda to schedule your FREE appointment today!	11 <b>Hours: 7:00-3:30</b> Healthy Holiday's with Little Learners <b>Time: 10:00 am</b>	12 <b>Hours: 10:00-6:30</b> Holiday Treats at Wharton Library <b>Time: 4:00 pm</b>	13 <b>Hours: 10:00-6:30</b> Holiday Snacks at Jefferson Library <b>Time: 4:00 pm</b>	14 <b>Hours: 7:30-4:00</b> Kids Kitchen, ages 3-5 <b>Time: 10:00 am</b> Meals Made Well <b>Time: 1:30-3:30 pm</b>	15 <b>OFF</b>
16 <b>OFF</b>	17 <b>Hours: 7:30-4:00</b> Healthy Holiday Apps! <b>Time: 12-3 pm</b>	18 <b>Hours: 7:30-4:00</b> Out with Pharmacy	19 <b>Hours: 7:30-4:00</b> See Amanda at the Dietitian's Corner to have your holiday cooking questions answered!	20 <b>Hours: 9:30-6:00</b>	21 <b>Hours: 7:30-4:00</b> FREE Blood Pressure and Glucose Screening <b>Time: 12-3 pm</b>	22 <b>OFF</b>
23 <b>OFF</b>	24 <b>Hours: 7:00-3:30</b> Office Hours: Call Amanda to schedule your FREE appointment today!	25 <b>OFF</b>	26 <b>OFF</b>	27 <b>Hours: 9:30-6:00</b> <u>Morning Office Hours</u> Kids Kitchen, ages 6-10 <b>Time: 4 pm</b>	28 <b>Hours: 7:30-4:00</b> New Year's Eve Mocktails <b>Time: 12-3 pm</b>	29 <b>Hours: 8:00-4:30</b> Associate Event <b>Time: 11 am-2 pm</b>
30 <b>Hours: 8:00-4:30</b> Office Hours: Call Amanda to schedule your FREE appointment today!	31 <b>Hours: 7:00-3:30</b> Office Hours: Call Amanda to schedule your FREE appointment today!					

**MONTHLY FOCUS**  
Healthy Holiday Traditions



DIETITIAN

**Amanda Fano**  
Registered Dietitian

201-365-8166  
Amanda.fano@wakefern.com

**FREE NUTRITION SERVICES**



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EVENT DETAILS

**December 3<sup>rd</sup>**  
**Project Healthy Bones, Benefits of Calcium Presentation**  
*\*Private Event\**  
**Time: 10:00 am**  
**Location: Camp Jefferson**

**December 6<sup>th</sup>**  
**Shaping Dover, FREE Farmers Market**  
 Ask Amanda for details about this event. Must have a voucher present to receive your FREE bag of produce. Next month you can receive a FREE turkey! Ask Amanda for details.  
**Time: 1:00-5:00 pm**  
**Location: Dover Community Center**

**December 11<sup>th</sup>**  
**Healthy Holiday's with Little Learners**  
*\*Private Event\**  
**Time: 10:00 am**  
**Location: Rockaway**

**December 12<sup>th</sup>**  
**Healthy Treats at Wharton Library**  
 Sign up at Wharton library for this FREE cooking class with Amanda! Ask Amanda for details.  
**Time: 4:00 pm**  
**Location: Wharton Library**

**December 13<sup>th</sup>**  
**Holiday Snacks at Jefferson Library**  
 Sign up at Jefferson library for this FREE cooking class with Amanda! Ask Amanda for details.  
**Time: 4:00 pm**  
**Location: Jefferson Library**

**December 14<sup>th</sup>**  
**FREE Kids' Kitchen Cooking Class**  
 Do you have a 3-5 year old who likes to help out in the kitchen? If so, join Amanda at your ShopRite of Wharton for her kids' Kitchen cooking class as we make new healthy recipes! \*Class is free, but space is limited: Please call 201-365-8166 to register your child in advance. Parent or Guardian must be present.  
**Time: 10:00-11:00 am**  
**Location: Second Floor Conference Room**

**December 14<sup>th</sup>**  
**Meals Made Well**  
 Stop by to sample delicious cauliflower hot wings! Find out other recipes that use cauliflower. A great holiday or game day appetizer!  
**Time: 1:30-3:30 pm**  
**Location: ShopRite of Wharton**

**December 17<sup>th</sup>**  
**Healthy Holiday Apps**  
 Visit Amanda as she samples purple sweet potato crostini, a perfect and delicious holiday appetizer!  
**Time: 12:00-3:00 pm**  
**Location: ShopRite of Wharton**

**December 21<sup>st</sup>**  
**FREE Blood Pressure & Glucose Screening**  
 ShopRite has teamed up with Atlantic Health to offer FREE blood pressure & glucose screenings the 3<sup>rd</sup> Friday of every month! Stop by to have your numbers checked and learn how you can make improvements with lifestyle changes. No appt. necessary  
**Time: 12:00 – 3:00 pm**  
**Location: Pharmacy/ShopRite of Wharton**

**December 27<sup>th</sup>**  
**FREE Kids Kitchen Cooking Class**  
 Bring your child, ages 6-10, to your ShopRite of Wharton as Amanda holds a monthly Kids Fit cooking class! \*Class is free, but space is limited. Please call 201-365-8166 to register your child in advance. Parent or Guardian must be present.  
**Time: 4:00-5:00 pm**  
**Location: Second Floor Conference Room**

**December 28<sup>th</sup>**  
**New Year's Eve Mocktails**  
 Stop by to see what delicious mocktails Amanda will be sampling at today's demo!  
**Time: 12:00-3:00 pm**  
**Location: ShopRite of Wharton**

FREE NUTRITION SERVICES



DIETITIAN  
**Amanda Fano**  
 Registered Dietitian  
 201-365-8166  
 Amanda.fano@wakefern.com

*Amanda Fano is the ShopRite of Wharton's Registered Dietitian, and all of Amanda's nutrition services are free of charge! If you are interested in signing up for a class, making an individual appointment or booking a community event, contact Amanda.*

