

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 OFF	2 FREE Nutrition Counseling Time: BY APPOINTMENT Location: Shoprite of Millville	3 FREE Nutrition Counseling Time: BY APPOINTMENT Location: Shoprite of Millville	4 Ask the RD Time: 2pm-5pm Location: Shoprite of Millville	5 Ask the RD Time: 2pm-5pm Location: Shoprite of Millville
6 OFF Associate Wellness Program Kickoff!	7 Food Demo Time: 1pm Location: Shoprite of Millville	8 FREE Nutrition Counseling Time: BY APPOINTMENT Location: Shoprite of Millville	9 Food Demo Time: 1pm Location: Shoprite of Millville	10 FREE Nutrition Counseling Time: BY APPOINTMENT Location: Shoprite of Millville	11 Student Shopper Part 1 Time: 9am-12pm Location: OFF SITE	12 OFF
13 OFF	14 Eat Well. Be Happy. Weight Management Series Time: 6pm Location: Millville Public Library	15 FREE Nutrition Counseling Time: BY APPOINTMENT Location: Shoprite of Millville	16 Preschool Store Tour Time: 10am Location: Shoprite of Millville	17 OFF	18 Food Demo Time: 1pm Location: Shoprite of Millville	19 FREE Nutrition Counseling Time: BY APPOINTMENT Location: Shoprite of Millville
20 OFF	21 Food Demo Time: 1pm Location: Shoprite of Millville	22 FREE Nutrition Counseling Time: BY APPOINTMENT Location: Shoprite of Millville	23 FREE Nutrition Counseling Time: BY APPOINTMENT Location: Shoprite of Millville	24 Food Demo Time: 1pm Location: Shoprite of Millville	25 Student Shopper Part 1 Time: 9am-12pm Location: OFF SITE	26 OFF
27 OFF	28 Eat Well. Be Happy. Weight Management Series Time: 6pm Location: Millville Public Library	29 Food Demo Time: 1pm Location: Shoprite of Millville	30 FREE Nutrition Counseling Time: BY APPOINTMENT Location: Shoprite of Millville	31 FREE Nutrition Counseling Time: BY APPOINTMENT Location: Shoprite of Millville		

MONTHLY FOCUS
Healthy One Dish Wonders



DIETITIAN

KATE BARBECK
Registered Dietitian

p: 609-501-0862
e: katherine.barbeck@wakefern.com

“Reach your 2019 goals by making smaller more specific goals in the short term, then build on them!”

-Kate



FREE NUTRITION SERVICES



Schedule your FREE Nutrition Consultation by contacting Kate today! Also be on the lookout for more free nutrition services including Weight Management classes, Diabetes education classes, store tours, Kids classes, and product/recipe sampling. Kate is also available to come out to your local community event!

EVENT DETAILS

MULTIPLE DATES
FREE Nutrition Counseling

Contact Kate to schedule individual or family nutrition counseling. Kate will also be able to schedule an appointment based on your availability.

Time: BY APPOINTMENT
Location: Shoprite of Millville

MULTIPLE DATES
Ask the RD

Kate will provide an informational table to customers about the upcoming weight management series and give customers an opportunity to register.

Time: 2pm-5pm
Location: Shoprite of Millville

JANUARY 6 – MARCH 17
Associate Wellness Program Kickoff

Kate has developed a 10-week associate wellness program for employees to participate in and win prizes for incorporating healthy behaviors!

Location: Shoprite of Millville

MULTIPLE DATES
Food Demo

Kate will demo a healthy recipe/product to customers in the store.

Time: 1pm
Location: Shoprite of Millville

JANUARY 11th and 25th
Student Shopper Part 1

Kate will provide an in-school nutrition lesson to a local class! This is part 1 of a 2 part field trip.

Time: 9am-12pm
Location: OFF SITE

JANUARY 14th and 28th
Eat Well. Be Happy. Weight Management Series

This is a group weight management class consisting of 6 bi-weekly classes. Must register to participate.

Time: 6pm
Location: Millville Public Library

JANUARY 16th
Preschool Store Tour

Kate will host a group of preschoolers in-store for a tour of the grocery store as well as provide a guacamole activity!

Time: 10am
Location: Shoprite of Millville

FREE NUTRITION SERVICES



DIETITIAN
KATE BARBECK
Registered Dietitian

p: 609-501-0862
e: katherine.barbeck@wakefern.com

Schedule your FREE Nutrition Consultation by contacting Kate today! Also be on the lookout for more free nutrition services including Weight Management classes, Diabetes education classes, store tours, Kids classes, and product/recipe sampling. Kate is also available to come out to your local community event!

