








SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Healthy Holiday Traditions Subtheme: Better Baking	3 	4 Demo Time: 12-2 In-store	5 Regional RD Meeting Out of Office	6 Field Trip Factory Part 2 10 & 12:30 In-Store	7	8 
9 Healthy Holiday Traditions Subtheme: Stocking Stuffers	10 Bottino's Healthy Holiday Cooking Show 10am In-Store	11 Cumberland County Employee Holiday Health Fair 8-12 Cumberland County College	12 Fresh Food Rx 1-2:30	13	14 Demo Time: 1-3 In-store	15
16 Healthy Holiday Traditions Subtheme: Lightened up Holiday Favorites	17 	18 Demo Time: 1-3 In-store	19 Fresh Food Rx 1-2:30	20	21 	22
23	24	25 Merry Christmas! 	26 Fresh Food Rx 1-2:30	27 Demo Time: 2-4 In-store	28	29 
30 Healthy Holiday Traditions Subtheme: Family Brunch	31 					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

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FREE NUTRITION SERVICES



EVENT DETAILS

December 5
 Regional RD Meeting
 I'll be out of the office today to attend our bimonthly dietitian meeting
 Location: Out of the Office

December 6
 Student Shopper Part 2
 Marie Durrand Elementary is participating in Field Trip Factory! They'll be coming to the store for a quick shopping trip!
 Time:
 Location:

December 10
 Healthy Holiday Cooking Show
 The Bottino ShopRite dietitians will be cooking up some health holiday options in the Delsea store!
 Time: 10am
 Location: In-Store

December 11
 Cumberland County Employee Holiday Health Fair
 Time: 8-12
 Location: Cumberland County College

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