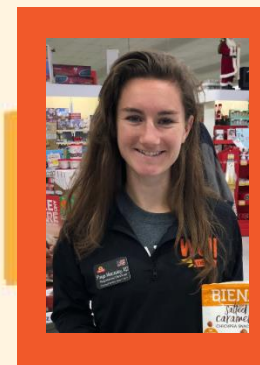


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Meals Made Well 11:00-1:00pm Landis	3 Hammonton MS 8 th Grade Health Class 8:00-2:00pm Hammonton	4 Boys and Girls Club of Vineland 4:30 Landis	5 Village RD Conference Call 10am-12pm Hammonton	6 Associate Inside Look 10:00-12:00pm Hammonton	7 OFF	8
9 Meals Made Well 1:00-3:00pm Hammonton	10 Meals Made Well 12:00-2:00pm Landis	11 Town Council Meeting 6:00pm Landis	12 OFF	13 Dietitian Office Hours Hammonton	14 Well Everyday Tasting 2:00-4:00pm Hammonton	15
16	17 Kids Cooking Class 5:00pm Hammonton	18 Kids Cooking Class 5:00pm Landis	19 Town Council Meeting 6:00pm Hammonton	20 OFF	21 Meals Made Well Time: 11:00-1:00pm Hammonton	22 Healthy Holiday Sampling! Landis
23 Healthy Holiday Sampling! Hammonton	24 OFF	25 Merry Christmas!	26 OFF	27 Well Everyday Tasting 1:00-3:00pm Landis	28 Meals Made Well Time: 11:00-1:00pm Landis	29 Grocery Store Tour Time: 10:00am Hammonton
30	31 OFF					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Paige Macauley, RD
Registered Dietitian

(609) 567-3792
Paige.Macauley@Wakefern.com
com

FREE NUTRITION SERVICES



Swing by the Dietitian's office to meet your new store Dietitian, Paige!
Your ShopRite Dietitian is here to provide free nutrition services to our shoppers and the local community such as nutrition counseling, community events, in store demos, classes, tours, and more!



EVENT DETAILS

Healthy Holiday Sampling December 22 and 23

Holidays are hectic and so is shopping, take a break and grab a snack!

Kids Cooking Class December 17, 18

Paige will be teaching kids about healthy snacks and they will get to make a holiday treat!

Associate Inside Look December 6

Stop by the breakroom for a first look and taste of this month's end cap products! Let us know what you like most!

Town Council Meeting December 11, 19

Paige will be going to the monthly Town Council Meetings to introduce herself to the community and connect with local groups.

8th Grade Health Class December 3

Paige will be visiting the Hammonton Middle School 8th grade to take about how our food choices effect out health and talk about easy beneficial snack ideas.

Grocery Store Tour December 29

Gear up for the New Year! Meet Paige by the courtesy desk for a tour, grocery shopping tips, samples and coupons!

Meals Made Well December 2, 9, 10, 21, 28

We're going to sample the Meal of the Week every week! Find all the ingredients to make the meal and the recipe card i none convenient spot.

Well Everyday End Cap December 14, 27

Taste samples of the product on the Wellness End Cap.

Boys and Girls Club December 4

Paige will be talking with the Boys and Girls Club about the different food groups and the importance of all five!

Do you know any community programs or clubs that would like to have a dietitian come provide a demonstration or facilitate a nutrition conversation? Feel free to reach out to Paige and give her their contact information to set something up!

Children planning to participate in the Kids Cooking Classes should be between the ages of 5 and 10. Please contact Paige to register and let her know about any allergies.

Contact Information:

T: (609) 567-3792

E: Paige.Macauley@Wakefern.com

FREE NUTRITION SERVICES



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Be sure to check the event location! Paige goes to both the ShopRite of Hammonton and the ShopRite of Landis!

