

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|--|--|---|
| | | | | | | 1 OFF |
| 2 OFF | 3 Office Hours Consultations | 4 Associate Inside Look 11:00am-1:00pm Breakroom | 5 Village RD Conference Call 10:00am-12:00pm | 6 Meals Made Well Recipe Sampling 12:30pm Back of Produce | 7 Endcap Sample 12:00pm Dietitian Endcap | 8 OFF |
| 9 OFF | 10 OFF | 11 Holiday Nutrition Education 1:00pm Shirat Hayam | 12 OFF | 13 Dietitian Choice Demo 12:00pm | 14 Meals Made Well Recipe Sampling 11:00am Back of Produce | 15 Kids Class Gingerbread Man pancake decorating 10:00-12:00pm Bistro Seating Area |
| 16 Coats for our Neighbors 10:30am-1:00pm | 17 Little Chefs Cooking Class 1:00-2:00pm | 18 Meals Made Well Recipe Sampling 12:00pm Back of Produce | 19 Associate Event Healthy Holidays 11:00am-1:00pm Breakroom | 20 OFF | 21 OFF | 22 Holiday Recipe Sampling 11:00am |
| 23 OFF | 24 OFF | 25 Merry Christmas! | 26 Office Hours Consultations | 27 Meals Made Well Recipe Sampling 12:00pm Back of Produce | 28 OFF | 29 Dietitian Choice Sampling 11:00am |
| 30 OFF | 31 New Year's Eve Demo 12:00pm |  |  | | | |

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

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Registered Dietitian

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*"Believe in the
magic of the
season"*



FREE NUTRITION SERVICES



Hey Kids! Come out on Saturday December 15th to decorate your own gingerbread man protein pancake! Enjoy a healthy twist on a fun holiday tradition. Parents, just drop in anytime between 10:00am and 12:00pm to let your children create a masterpiece. This is a FREE activity and no registration is required.

EVENT DETAILS

Tuesday December 4th

Well Everyday ~ Associates Inside Look
The associates will sample two items from the Well Everyday end cap and vote on them! Later in the month customers will get to try the winning item!

Time: 11:00am
Location: Breakroom

December 6th, 14th, 18th, 27th
Meals Made Well

Trying to find healthy meal options for your busy schedule? Stop by to sample our meal of the week! Most ingredients are together in one case to make shopping for the recipe easier!

Time: 12:00pm

Friday December 7th
Well Everyday End Cap Sample

Your ShopRite associates sampled items from the end cap and voted on their favorite! Now you get to try the item as well!

Time: 11:00am

Tuesday December 11th
Holiday Nutrition Education

Holidays can be a difficult time eat healthy with all of the options available. There are simple recipe swaps and tips that can help make some options healthier without compromising tradition and taste. Victoria will help with ideas for a Kosher meal.

Time: 1:00pm
Location: Shirat Hayam

December 13th & 29th
Dietitian Choice Sampling

What fun product will the dietitian decide to share with you? Come out and try something new!

Time: 12:00pm

Saturday December 15th
Kids Class Gingerbread Pancake Decorating

Hey Kids! Come out and decorate your very own gingerbread protein pancake. Drop in anytime between 10:00am-12:00pm.

Time: 10:00am-12:00pm
Location: Bistro Seating Area

Sunday December 16th
Coats for our Neighbors

Time: 10:30am-1:00pm
Location:

Monday December 17th
Little Chefs Cooking Class

Little chefs ages 2 through 5 will join Victoria for a hands on cooking class where they will help prepare their own meal while learning about nutrition. There is a small fee of \$5 for this class and registration is required.

Time: 1:00-2:00pm
Location: Bistro Seating Area

Wednesday December 19th
Associates Event

Healthy Holiday ~ Tips, recipes, and recipe swaps to help associates make small changes to enjoy a healthier holiday.

Time: 11:00am-1:00pm
Location: Breakroom

Saturday December 22nd
Holiday Recipe Sampling

Come out to sample a winter holiday recipe made just for our customers with a healthy component in mind.

Time: 11:00am

Monday December 31st
New Year's Recipe Sampling

Start the New Year off right with an appetizer recipe sampling that's sure to please any crowd!

Time: 12:00pm



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With continued holiday parties and family gatherings, it can sometimes be hard to find healthy choices. Bite sized desserts are a great way to have your dessert, and eat it too! Drop by my office for some fun bite sized recipes that are sure to be crowd pleasers at your next get together!

