

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2 Weekly subtheme: Better Baking	3 Healthy Hanukkah Tips + Tricks Dietitian's Office 3pm	4	5 RD Region Meeting Offsite	6 Student Shopper Part 2 ShopRite of Delsea	7 Reserved for nutrition counseling. Schedule your free session today!	8 Healthy Holidays Demo: Better Baking In-Store 1pm
9 Weekly subtheme: Stocking Stuffers	10 Bottino's Nutrition Segment ShopRite of Delsea 10am	11 	12 Healthy Holidays Demo: Stocking Stuffers In-Store 1pm	13 Reserved for nutrition counseling. Schedule your free session today!	14	15 
16 Weekly subtheme: Lightened Up Holiday Favorites	17 Well Everyday Endcap Sampling 1pm In store	18 Reserved for nutrition counseling. Schedule your free session today!	19	20 Healthy Holidays Demo: Lightened Up Cookies In-Store 1pm	21 	22
23 Reserved for nutrition counseling. Schedule your free session today!	24	25 	26 	27 Well Everyday Endcap Sampling 1pm In store	28 Happy + Healthy New Year! Dietitian's Office 1pm	29 Kid's Cooking Class *Signup required In-Store 12pm
30 Weekly subtheme: Family Brunch	31 					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

Danielle Aran
MS, RD

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"The best way to eat is one that makes you feel happy and healthy."

FREE NUTRITION SERVICES



Contact Danielle with any nutrition related questions, or to schedule a FREE community event, supermarket tour or counseling session at 609-579-6037 or by emailing Danielle.aran@wakefern.com



EVENT DETAILS

<p>December 17th, 27th Well Everyday Endcap Sampling Stop by Danielle's table as you enter the store for a sample of a good for you product featured in our new Wellness Endcap!</p> <p>Time: 1pm Location: ShopRite of Washington Twp.</p>	<p>December 6th Student Shopper Part 2 Students from a local school will be taking a field trip to the ShopRite of Delsea, where the Bottino's ShopRite dietitians will be teaching them how to shop for ingredients to make ~healthier~ nachos!</p> <p>Location: ShopRite of Delsea</p>	<p>December 8th, 12th, 20th Healthy Holidays Demo Stop by Danielle's table as you enter the store for a sample of a good for you recipe that matches our weekly subtheme of Healthy Holidays!</p> <p>Time: 1pm Location: ShopRite of Washington Twp.</p>	<p>December 10th Bottino's ShopRite Nutrition Show The Bottino's ShopRite dietitians will be discussing how to enjoy a healthier holiday season, while showing how to cook up some yummy meals and treats!</p> <p>Time: 10am Location: ShopRite of Delsea</p>
<p>December 29th Kid's Class - Winter Edition Calling all kids and parents! Join our dietitian for a healthy cooking class in the Bottino's ShopRite cafe. Contact Danielle to reserve your child's spot today! *Signup required</p> <p>Time: 12pm Location: ShopRite of Washington Twp.</p>	<p>December 3rd Healthy Hanukkah Tips + Tricks Happy first day of Hanukkah! Drop by the Dietitian's office to learn ways to make your Hanukkah healthier with tips and tricks for cooking your favorite Hanukkah dishes.</p> <p>Time: 3pm Location: ShopRite of Washington Twp.</p>	<p>December 29th Happy + Healthy New Year! Stop by the Dietitian's Corner to toast a year filled with happiness and healthy habits.</p> <p>Time: 1pm Location: ShopRite of Washington Twp.</p>	

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