

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 "Quick & Easy Family Meals" Demo Time:3:30pm-5:30pm Location: West Deptford in-store
2 OFF	3 Nutrition Counseling by appointment only Time:9:30am-4:00pm Location: Dietitian's office by Pharmacy	4 "Produce Pick of the Week"-Demo Time:3:00pm-5:00pm Location: West Deptford Produce Dept.	5 Out of Office NUG Quarterly Meeting-Westville	6 Location: Zallie's Glassboro ShopRite	7 OFF	8 Location: Zallie's Glassboro ShopRite
9 Location: Zallie's Glassboro ShopRite	10 OFF	11 "Health & Wellness Stocking Stuffers" Time:3:00pm-5:00pm Location: West Deptford in-store	12 "Meal of the Week- Meal Cart Demo" Time:2:30pm-4:30pm Location: West Deptford Produce Dept.	13 Location: Zallie's Glassboro ShopRite	14 Location: Zallie's Glassboro ShopRite	15 OFF
16 "Meet with Mr. & Mrs. Santa Claus" Time: 12:00pm-3:00pm Location: West Deptford Café	17 Location: Zallie's Glassboro ShopRite	18 OFF	19 OFF	20 OFF	21 OFF	22 OFF
23 OFF	24 OFF	25 	26 OFF	27 OFF	28 OFF	29 OFF
30 OFF	31 OFF					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

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"The road to health is what we put into our body"
-Claire

FREE NUTRITION SERVICES



Holidays are time for Fun, Friends, Family and FOOD!
Don't let the holiday goodies get the best of you.
Check out some of my Favorite Recipes for a Healthier 2018-2019!
Here's one to try below for a Healthier Heart-warming meal!



EVENT DETAILS

DATE
December 1, 2018
"Quick & Easy Family Meals" Demo.
Its holiday time and what better time to try healthier, quick & easy to prepare dishes to save time in the kitchen for meals! Join Claire to sample a tasty family meal from our holiday recipe book! FREE Recipe book provided.
Time: 3:30pm-5:30pm
Location: West Deptford Produce Dept.

DATE
December 3, 2018
Nutrition Counseling by appointment only
➤ Medical Nutrition Therapy
➤ Menu planning
➤ Shop the Store for Healthier Options
➤ Family Meals
➤ Recipe Development
Time: 9:30am-4:00pm
Location: Dietitian's office next to Pharmacy

DATE
December 4, 2018
"Produce Pick of the Week"
Claire will be highlighting a quick & healthy dish during this busy holiday season. Stop by to check out Claire as she whips up a healthy side dish with our fresh local produce. Recipe provided.
Time::3:00pm-5:00pm
Location: West Deptford Produce Dept.

DATE
December 11, 2018
"Health & Wellness Stocking Stuffers" Demo
Its holiday time and what better way to encourage a healthier 2019! Join Claire to take a look at some suggestions for some "out of the box" stocking stuffers to help you and your loved ones on the way to better health in 2019!
Time: 3:00pm-5:00pm
Location: West Deptford In-store.

DATE
December 12, 2018
Meal of the Week"-Meal Cart Program
Stop by to check out our Healthy recipe for this week & all the items you need to create this Healthy Meal in a SNAP! Learn how to prepare this meal from the display with step by step instructions. Recipe provided.
Time: 2:30pm-4:30pm
Location: West Deptford Produce Dept.

DATE
December 16, 2018
Bring the children to visit and talk with Santa and Mrs. Claus. They will be bringing holiday cheer to your Zallie's ShopRite store and Claire will be giving out a special surprise! Don't miss this FREE fun Holiday Event!
Time: 12:00pm-3:00pm
Location: West Deptford Café

**Time to enjoy the holidays:
plan a time for activity,
& add some healthier recipes into your
holiday meals.
Don't restrict yourself from enjoying your
favorite holiday foods.
In the long run, your mind & body will
thank you.**

**Here's one of my favorite hearty
BUT healthy soup recipes
to warm up those cold winter days
and a tasty, healthier addition
in-between those holiday celebrations!**

Chicken & White Bean Soup w/ Greens

Prep Time: 7 mins; Cook Time: 18 mins.

Yield: 6 servings (1 1/3 cups)

Ingredients:

1. 1 tablespoon olive oil
2. 1 1/4 cups thinly sliced leeks, white part
3. 1 large garlic clove, crushed
4. 1/2 cup (1/4-inch-thick) slices carrots
5. 6 cups low sodium, fat-free chicken broth
6. 1 1/2 cups skinless, boneless, shredded, chicken or turkey left-overs!

Ingredients, cont'd:

7. 1(2-inch) fresh rosemary sprig
8. 1(19-ounce) can cannellini beans, rinsed/ drain
9. 1 cup packed chopped fresh kale
10. 1 cup baby spinach; 1/4 tsp. salt
11. 1/4 teaspoon ground black pepper
12. 1 tablespoon chopped fresh parsley

Directions:

- Heat oil in a stockpot or Dutch oven over med. heat.
- Add leeks & garlic; cook, stirring occasionally, 3-4 mins. until tender but not browned.
- Add carrots, cook, & stirring 1 min.
- Add broth, chicken, & rosemary; bring to a boil. Reduce heat, & simmer 5 mins. skimming occasionally.
- Add beans & kale, simmer 5 mins. more.

Directions cont'd:

- Add spinach, cook 2-3 minutes more or until tender. Season with salt and pepper.
- Remove rosemary sprig & garlic clove. Ladle into 6 warm bowls; sprinkle with 1/2 tsp. parsley.

Nutritional Info: Calories: 209; Fat: 6g; Sat Fat: 1g; Mono fat: 3g; Poly fat: 1g; Protein: 20g; Carbohydrate: 21g; Fiber: 5g; Cholesterol: 30mg; Iron: 3mg; Sodium: 259mg; Cal: 80mg

FREE NUTRITION SERVICES



DIETITIAN

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Would you like some new healthier meal ideas to help you and your family reach your Health & Wellness goals especially this holiday season?
Check out my "Meals Made Well" Meal Cart for some great healthier recipe ideas!
Balancing Your Choices is key to eating healthy! Join me this month for ideas on how to make lifestyle choices for better health.

