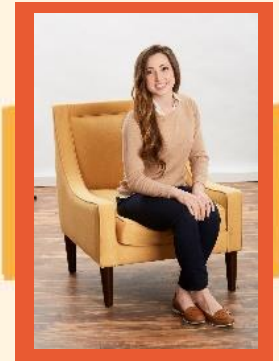


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> Student Shopper Time: 8:30AM Location: Mill Pond Elementary Diwali Celebration Time: 7:00PM Location: Ocean County Library Lacey Branch	<b>2</b>	<b>3</b> Fan Nation Time: 3:00PM Location: Ocean County Library Toms River Branch
<b>4</b>	<b>5</b> Senior Cooking Time: 12:00PM Location: Toms River Senior Center Comfort Foods Time: 7:00PM Location: Ocean County Library Plumsted Branch	<b>6</b> Dietitian Annual Meeting	<b>7</b> Health Event Time: 11:00AM- 1:00PM Location: Ocean County College Diwali Celebration Time: 6:00PM Location: Ocean County Library Stafford Branch	<b>8</b>	<b>9</b> Healthy Cooking Presentation Time: 12:30PM Location: Normandy Beach Garden Club	<b>10</b> Kids Cooking Class Time: 11:00AM Location: ShopRite of Fischer Bay
<b>11</b>	<b>12</b> Fall Snacks Time: 10:00AM Location: Pinelands Reformed Church Kids Cook Mondays Time: 5:00PM Location: Murray Grove Retreat Center	<b>13</b> Kids Growing Great Time: 10:30AM Location: Ocean County Library Toms River Branch Nutrition Presentation Time: 1:00PM Location: Frederick Priff School	<b>14</b> Healthy Snack Program Time: 11:00AM Location: Ocean County Library Barnegat Branch Diabetes Program Time: 6:30PM Location: Ocean County Library Barnegat Branch	<b>15</b> Senior Cooking Time: 10:30AM Location: Pine Beach Municipal Girl Scout Nutrition Lesson Time: 6:30PM Location: Plumsted Presbyterian Church	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> Senior Cooking Time: 3:30PM Location: Toms River Family Success Center Kids Cook Mondays Time: 5:00PM Location: Murray Grove Retreat Center	<b>20</b> Preschool Snack Time: 9:30AM Location: Noah's Ark Preschool Cooking Program Time: 6:00PM Location: Ocean County Library Lakewood Branch	<b>21</b>	<b>22</b> Happy Thanksgiving!	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> Kids Cook Mondays Time: 5:00PM Location: Murray Grove Retreat Center	<b>27</b> Senior Cooking Time: 11:00AM Location: The Oaks Family Cooking Time: 5:00PM Location: Oasis Family Success Center Barnegat	<b>28</b> Senior Cooking Time: 11:00AM Location: Beachwood Community Center Senior Cooking Time: 3:15PM Location: Health South Rehabilitation	<b>29</b> Preschool Snack Time: 10:00AM Location: Ocean Kids Academy	<b>30</b> Healthy Snack Program Time: 11:00AM Location: Ocean County Library Little Egg Harbor Branch	

**MONTHLY FOCUS**  
Healthy Holiday Traditions



**DIETITIAN**

**GIAVONNA  
HIRTES**  
Registered Dietitian

p:(732) 341-0700 ext. 60  
e: Giavonna.Hirtes  
@wakefern.com

**FREE NUTRITION SERVICES**



ShopRite offers free nutrition services to our customers and our community. For more information, contact Giavonna today!



**EVENT DETAILS**

<p><b>Thursday, November 1</b>  <b>Student Shopper</b>                  Students will learn all about the Student Shopper program and will be prepared for their ShopRite field trip.</p> <p>Time: 8:30AM                  Location: Mill Pond Elementary School</p>	<p><b>Saturday, November 3</b>  <b>Fan Nation</b>                  Join Giavonna and create your own Bento Box!</p> <p>Time: 3:00PM                  Location: Ocean County Library Toms River Branch</p>	<p><b>Monday, November 5</b>  <b>Comfort Foods</b>                  Learn how to make you favorite comfort dishes with a healthy twist!</p> <p>Time: 7:00PM                  Location: Ocean County Library Plumsted Branch</p> <p>*Please register online at <a href="http://www.theoceancountylibrary.org">www.theoceancountylibrary.org</a></p>	<p><b>Wednesday, November 7</b>  <b>Health Table Event</b>                  Be sure to stop by and visit Giavonna as she shares healthy tips for students and staff!</p> <p>Time: 11:00AM- 1:00PM                  Location: Ocean County College Student Center</p>
<p><b>Saturday, November 10</b>  <b>Kids Cooking Class!</b>                  Kids will learn to create healthy and delicious recipes!</p> <p>Time: 11:00AM                  Location: ShopRite of Fischer Bay</p> <p>*Please register at courtesy. Space is limited, first come first served. Ages 5-12.</p>	<p><b>Monday, November 12, 19, 26</b>  <b>Kids Cook Mondays</b>                  Kids will learn to create healthy and delicious recipes!</p> <p>Time: 5:00PM/ 6:30PM                  Location: Murray Grove Retreat Center</p> <p>*Please register through Lacey Recreation.</p>	<p><b>Tuesday, November 20</b>  <b>Preschool Snack</b>                  Children will create fun and healthy snacks!</p> <p>Time: 9:30AM                  Location: Noah's Ark Preschool</p>	<p><b>Tuesday, November 27</b>  <b>Senior Cooking Demonstration</b>                  Attendees will learn to create easy recipes that are delicious and nutritious!</p> <p>Time: 11:00AM                  Location: The Oaks</p>
<p><b>Tuesday, November 27</b>  <b>Family Cooking Class</b>                  Families will work together to create healthy and delicious recipes that all will enjoy!</p> <p>Time: 5:00PM                  Location: Oasis Family Success Center</p>	<p><b>Wednesday, November 28</b>  <b>Senior Cooking Demonstration</b>                  Attendees will learn to create easy recipes that are delicious and nutritious!</p> <p>Time: 11:00AM                  Location: Beachwood Community Center</p>	<p><b>Thursday, November 29</b>  <b>Preschool Snack</b>                  Children will create fun and healthy snacks!</p> <p>Time: 10:00AM                  Location: Ocean Kids Academy</p>	<p><b>Friday, November 30</b>  <b>Healthy Snack</b>                  Adults with special needs will learn to create healthy recipes.</p> <p>Time: 11:00AM                  Location: Ocean County Library Little Egg Harbor Branch</p> <p>*Please register online at <a href="http://www.theoceancountylibrary.org">www.theoceancountylibrary.org</a></p>

**FREE NUTRITION SERVICES**



**DIETITIAN**  
**GIAVONNA HIRTES**  
 Registered Dietitian

p: (732) 341-0700 ext. 60  
 e: [Giavonna.Hirtes@wakefern.com](mailto:Giavonna.Hirtes@wakefern.com)

ShopRite offers free nutrition services to our customers and our community. For more information, contact Giavonna today!

