



Janson Family ShopRite of Patchogue Dietitian's Calendar

December 2018

Sara Turnasella, RDN
Healthy Holiday Traditions



FREE NUTRITION SERVICES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 	3 By Appt. Only 10 - 12 pm & 2 - 4 pm Walking Club 5 pm	4 CHI Nutrition Talk (private event) 1 PM By Appt. Only 5 - 7 pm	5 	6  Better Baking Demo 2 - 4 PM By Appt. Only 6 - 7 PM	7 ShopRite Dietitian Meeting (out of office) 9 AM - 12 PM	8 
9 	10 Little Angels Guest Talk (private event) 11 AM Walking Club 5 pm	11 Holiday Fruit Salad Demo 2 - 4 pm By Appt. Only 6 - 7 pm	12 Patchogue Head Start Guest Talk 9 AM By Appt. Only 2 - 4 pm	13 Saxton Middle School Guest Talk 8 - 10 AM By Appt. Only 2 - 4 pm	14 Saxton Middle School Guest Talk 8 - 10 AM By Appt. Only 2 - 4 pm	15 
16 Kids Snack 'n' PAINT sign-up required 2:30 PM	17 By Appt. Only 10 - 12 pm & 2 - 4 pm Walking Club 5 pm	18 By Appt. Only 1 - 3 pm Slow Cooker Holiday Meal Demo 5 - 7 pm	19 Early Head Start Guest Talk 11 AM By Appt. Only 2 - 4 pm	20 Lighter Holiday Favorites Demo 1 - 3 pm By Appt. Only 5 - 7 pm	21  Did you know? Cranberries are almost 90% water!	22 
23 Kids Baking sign-up required 2:30 PM	24 	25 	26 	27 By Appt. Only 1 - 3 pm & 5 - 7 pm	28 By Appt. Only 9 - 11 am Dietitian's Holiday Pick Demo 1 - 3 pm	29 By Appt. Only 9 - 12 PM & 2 - 4 PM
30 	31 	1 happy new year	2 By Appt. Only 9 - 12 PM & 2 - 4 PM	3 Cooking Class for Adults sign-up required 6:30 pm	4 By Appt. Only 9 - 12 pm Family Bunch Demo 2 - 4 pm	5 Check out the Dietitian's Gondola, in front of the pharmacy, for healthy products!

All hours, dates/times of appointments, and events are subject to change without notice.

For details about events, or to schedule an appointment, please call
(631) 286-5000 ext. 3001 or e-mail: Sara.Turnasella@wakefern.com

Color Code:

Store Demo/Tasting

School Event (out of office)

Community Event (out of office)

Store Kid Event

Store Cooking Class

Walking Club (out of office)

Meeting

In-Store Event