Janson Family ShopRite of Hauppauge December 2018 Calendar

Annemarie Miller, RDN

Healthy Holiday Traditions

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
** FREE NUTRITION SERVICES **						
25	26 Thanksgiving Leftovers Demo 12 - 2 pm By Appt. Only 3 - 4 pm	27 **In-Store Diabetes Class 1 of 3** (Sign-up required) **6:30 pm**	28 Kids' Event @ Haupp. Library (Grades 3-5) (Sign-up thru lib.) **6:30 - 7:15 pm**	29 By Appt. Only 9 - 10 am And 1 - 4 pm	30 Fall Foods Demo 12 - 2 pm By Appt. Only 3 pm	1
2	3 By Appt. Only 9 am - 1 pm Healthier Hanukkah Demo 1:30 - 3:30 pm	4 **In-Store Diabetes Class 2 of 3** (Sign-up required) **6:30 pm**	5 Boy Scout Healthy Baking Class (Private Event) **4:30 pm**	6 By Appt. Only 9 am - 1 pm Better Baking Demo 2 - 4 pm	7 By Appt. Only 9 am - 1 pm And 3 - 4 pm	8 *Did you know?* It takes about 36 apples to make 1 gallon of apple cider! That's about 2 per cup!
9 Lightened-Up Holiday Favorites Demo 12 - 2 pm By Appt. Only 3 - 4 pm	10 By Appt. Only 9 am - 12 pm And 1:30 - 4 pm	11 **In-Store Diabetes Class 3 of 3** (Sign-up required) **6:30 pm**	12 *Did you know?* Sugarplums are just candies that look like plums. However, you can make a healthier version using dried plums!	13 Kids' Baking Class (Sign-up required) **4:30 pm**	14 By Appt. Only 9 - 11 am Associate Lunch and Learn (Private Event) **2 - 4**	15
16	17 Healthy Cooking Class for Adults (Sign-up required) **7 pm**	18 Healthy Cooking Class for Adults (Sign-up required) **7 pm**	19 By Appt. Only 9 am - 12 pm And 1:30 - 4 pm	20	21 Healthier Christmas Recipe Demo 11 am - 1 pm By Appt. Only 3 - 4 pm	22
23 By Appt. Only 10 am - 5 pm	24	25	26	27 Check out the dietitian's "gondola" of healthy picks in the health and beauty aisle!	28 By Appt. Only 9 - 10 am Healthy Family Meals Demo 12 - 2 pm	29 Kids' Snack 'n' PAINT (Sign-up required) **3:30 pm**
30	31 Happy New Year!					

Please note that office hours and dates/times of appointments/events are subject to change if absolutely necessary. **To sign-up for one of this month's free classes or to schedule a free appointment, store tour, or group event (such as a presentation on or off-site) please call: (631) 979-0110 ext. 3001, email Annemarie.Miller@wakefern.com or see Annemarie in person.**

Follow us on Facebook at www.facebook.com/ShopRite.Hauppauge for weekly #WellnessWednesday tips and more!