

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Nutrition Counseling Available by Appointment	2
3	4 Adult Culinary Workshop Time: 6:30pm-8:30pm Location: Store Cafe	5 Nutrition Counseling Available by Appointment	6 NUG Time: 9am-12pm Kids Can Cook Time: 4pm Location: Pinelands Library	7	8 Nutrition Counseling Hours Available by Appointment	9
10 Nutrition Counseling Hours Available by Appointment	11 Adult Culinary Workshop Time: 6:30pm-8:30pm Location: Store Cafe	12 Schar Tour Time: Location: Weight Loss Support Group Time: 6:00pm Location: Coference Room	13 Nutrition Counseling Hours Available by Appointment	14 Nutrition Counseling Hours Available by Appointment	15 Girl Scout Event Time: 6:30pm-7:30pm Location: Tabernacle Elementary	16
17	18 Cub Scout Event Time: 5:30 Location: In store	19 Snack Attack! Time: 4pm Location: Pinelands Library	20 Nutrition Nuggets! Time: 11:15am Location: Indian Mills School	21 Nutrition Counseling Hours Available by Appointment	22	23
24	25 Christmas!	26	27 Nutrition Counseling Hours Available by Appointment	28 Nutrition Counseling Hours Available by Appointment	29	30
31 New Years Eve!						



Beth Ann Peterson, RD  
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**FREE NUTRITION SERVICES**

- Nutrition Counseling
- Community Events
- Store Tours
- Health Screenings
- Kids' Nutrition Education Programs



EVENT DETAILS

**Monday, December 4th**

**Adult Culinary Workshop**

“Top Chef Holiday Favorites”

Need inspiration for your holiday meals? Warm up with mouthwatering holiday meals!

Sign up at our Customer Service Desk or online at [ZalliesFreshKitchen.com](http://ZalliesFreshKitchen.com)

**Tuesday, December 12th**

**Weight Loss Support Group**

Join us at our monthly meeting and get encouraged to stick with your wellness goals.

Time: 6:00pm

Location: Conference Room

**Tuesday, December 19th**

**Snack Attack!**

Hey Kids! Join the dietitians to learn about healthy eating. We'll also make a nutritious snack! Sign up required online at [www.bcls.lib.nj.us](http://www.bcls.lib.nj.us)

Time: 4:00pm

Location: Pinelands Library

**Wednesday, December 6th**

**Kids Can Cook**

Hey Kids! Join the dietitians to learn about healthy eating. We'll also make a nutritious meal! Sign up required online at: [www.bcls.lib.nj.us](http://www.bcls.lib.nj.us)

Time: 4:00pm

Location: Pinelands Library

**Friday, December 15th**

**Girl Scouts Nutrition Lesson**

The dietitians will be visiting a girl scout meeting to teach about healthy eating for their nutrition badge!

Time: 6:30pm-7:30pm

Location: Tabernacle Elementary

**Wednesday, December 20th**

**Nutrition Nuggets Club Meeting**

The dietitians will be visiting the Nutrition Nuggets Club to boost their nutrition-know-how.

Time: 11:00am

Location: Indian Mills School

**Monday, December 11th**

**Adult Culinary Workshop**

“Top Chef Holiday Favorites”

Need inspiration for your holiday meals? Warm up with mouthwatering holiday meals!

Sign up at our Customer Service Desk or online at [ZalliesFreshKitchen.com](http://ZalliesFreshKitchen.com)

Time: 6:30pm - 8:30pm

Location: In store Café

Cost: \$20

**Monday, December 18th**

**Cub Scout Nutrition Lesson**

The Cub Scouts will learn about healthy eating in this interactive lesson.

Time: 5:30pm

Location: In store



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