

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Nutrition Counseling Available by Appointment	2 Produce Pick Time: 11:00am-2:00pm Location: Produce Department
3	4 Snack Attack! Time: 3:45pm-4:30pm Location: Bellmawr Library **Must sign up with Library	5 Nutrition Counseling Available by Appointment	6 Nutrition Meeting Time: 9am-12pm	7 Nutrition Talk Time: 4:00pm Location: Wayne Bryant Community Center	8 Nutrition Counseling Available by Appointment	9
10	11 Nutrition Counseling Available by Appointment	12 Schar Tour Time: 10:00am-2:00pm Location: Schar Factory	13 Associate Wellness Time: 11:00am-2:00pm Location: Associate Breakroom	14 Kids Can Cook! Time: 4:00pm-5:00pm Location: Café **Must Sign Up	15 Associate Wellness Time: 6:30am-8:30am Location: Associate Breakroom	16
17	18 Produce Pick Time: 11:00am-3:00pm Location: Produce Department	19	20 Nutrition Counseling Available by Appointment	21	22	23
24	25 Christmas Day!	26	27	28	29	30
31 New Year's Eve!						

MONTHLY FOCUS

Dietitian's Favorite Recipes



Adrienne Olah, RDN

DIETITIAN

Adrienne Olah, RDN
Retail Dietitian

p:856-547-2590 ext 7
c: 609-605-8211
e:Adrienne.Olah@Wakefern.com

FREE NUTRITION SERVICES



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



EVENT DETAILS

Saturday, December 2nd
Produce Pick
 Swing by to sample Adrienne's delicious pick!

Time: 11:00am-2:00pm
Location: Produce Department

Monday, December 4th
Snack Attack!
 Parents and Kids! Come make a "crispy snowman treat" and learn the importance of healthy eating.
Sign up at the Library by calling (856) 931- 1400

Time: 3:45-4:30pm
Location: Bellmawr Library

Thursday, December 7th
Nutrition Talk
 Adrienne will be visiting the center to talk about her services and give tips for healthy eating.

Time: 4:00pm
Location: Wayne Bryant Community Center

Thursday, December 14th
Kids Can Cook
 Hey Kids! Join the dietitian to learn about healthy eating. We'll also make a nutritious snack!
Sign up required: Call Customer Service or Adrienne at (856) 547-2590

Time: 4:00-5:00pm
Location: Cafe

Monday, December 18th
Produce Pick
 Stop by to sample Adrienne's pick of the week!

Time: 11:00am-3:00pm
Location: Produce Department

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DIETITIAN
Adrienne Olah, RDN
 Retail Dietitian

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