

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> New Year's Day!	<b>2</b> Nutrition Counseling Available by Appointment	<b>3</b> Senior Day Time: All-Day	<b>4</b> Nutrition Counseling Available by Appointment	<b>5</b> Associate Wellness Time: 11:00am-2:00pm Location: Associate Breakroom	<b>6</b>
<b>7</b>	<b>8</b> Associate Wellness Time: 1:00am-2:00pm Location: Associate Breakroom	<b>9</b> Nutrition Counseling Available by Appointment	<b>10</b> Eat Well Be Happy Time: 6:00pm-7:30pm Location: Café ** Sign up Required	<b>11</b>	<b>12</b> Produce Pick Time: 11:00am-3:00pm Location: Produce Department	<b>13</b> Nutrition Counseling Available by Appointment
<b>14</b>	<b>15</b> Nutrition Counseling Available by Appointment	<b>16</b> Nutrition Counseling Available by Appointment	<b>17</b> Eat Well Be Happy Time: 6:00pm-7:30pm Location: Café ** Sign up Required	<b>18</b> Nutrition Counseling Available by Appointment	<b>19</b> Produce Pick Time: 11:00am-3:00pm Location: Produce Department	<b>20</b>
<b>21</b>	<b>22</b> Snack Attack! Time: 3:45pm-4:30pm Location: Bellmawr Library **Must sign up with Library	<b>23</b> Nutrition Counseling Available by Appointment	<b>24</b> Eat Well Be Happy Time: 6:00pm-7:30pm Location: Café ** Sign up Required	<b>25</b> Nutrition Counseling Available by Appointment	<b>26</b>	<b>27</b> Hands on Healthy Kids Time: 1:00pm-2:00pm Location: Café ** Sign up Required
<b>28</b> Produce Pick Time: 11:00am-2:00pm Location: Produce Department	<b>29</b> Nutrition Counseling Available by Appointment	<b>30</b> Nutrition Counseling Available by Appointment	<b>31</b> Eat Well Be Happy Time: 6:00pm-7:30pm Location: Café ** Sign up Required			



**Adrienne Olah, RDN**  
Retail Dietitian  
P: 856-547-2590 ext 7  
C: 609-605-8211  
Adrienne.Olah@wakefern.com

**FREE NUTRITION SERVICES**

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



**EVENT DETAILS**

**Tuesday & Wednesday,  
January 2nd & 3rd**

**Senior Day**

Seniors every 1st Tuesday and Wednesday of the month you receive 5% off your groceries and a complimentary cup of coffee!

**Time: All-Day**

**Friday, January 5th**

**Produce Pick**

Stop by to sample Adrienne's pick of the week!

**Time: 11:00am-2:00pm**

**Location:**

**Produce Department**

**Wednesday, January  
10th,17th,24th, 31st  
February 7th, 21st**

**Eat Well Be Happy**

FREE 6 week weight management class. Learn about meal planning, dining out, reading labels in addition to other topics.

**Sign up at the courtesy desk or call (856) 547-2590**

**Time: 6:00pm-7:30pm**

**Location: Café**

**Friday, January 19th**

**Pantry Pick**

Adrienne will be sampling a favorite product of hers.

**Time: 11:00am-3:00pm**

**Location: TBA**

**Monday, January 22nd**

**Snack Attack!**

Parents and Kids! Join Adrienne to make "melted snowman dip" 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**

**Saturday, January 27th**

**Hands-On Healthy Kids! Session 1**

Join me for round two of Hands-On Healthy Kids! This is an interactive, hands-on series highlighting nutritional benefits of different food groups. Kids will create simple, tasty, and healthy meals and snacks.

**Sign up at the courtesy desk or call (856) 547-2590**

**Alert with Food Allergies**

**Time: 1:00pm-2:00pm**

**Location: Café inside ShopRite of Lawnside**



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