



# Janson Family ShopRite of Patchogue Dietitian's Calendar

## December 2016

Sara Turnasella, RDN  
Healthy Holidays & Digestive Health



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 9 - 6 <u>By Appt. Only</u> 10 - 12:30 pm Office Hours 2 - 4:30 pm  Walking Club 5 pm	29 1 - 10 <u>By Appt. Only</u> 10 - 12:30 pm Office Hours 2 - 4:30 pm  Walking Club 5 pm	30 1 - 10  Cooking Class for Adults sign-up required 6:30 pm	1 11:30 - 8:30 <u>By Appt. Only</u> 12:30 - 3 pm  Girl Scout Cooking Class (Private event) 5:30 pm	2 8:30 - 5:30  TOPS Presentation (Private event) 10 am - 12 pm  By Appt. Only 2:30 - 4:30 pm	3
4	5 9 - 6 <u>By Appt. Only</u> 10 - 12:30 pm Office Hours 2 - 4:30 pm  Walking Club 5 pm	6 11:30 - 8:30 <u>By Appt. Only</u> 12:30 - 2 pm Wholesome Pantry Demo (New Product Line!) 4 - 6 pm	7 8:30 - 5:30  High School Nutrition Talk 10 am - 12 pm  Wellness Committee 3 - 4:30 pm	8 11:30 - 8:30  Produce Pick of the Week Demo 12:30 - 2 pm <u>By Appt. Only</u> 4 - 7:30 pm	9 8:30 - 5:30 <u>By Appt. Only</u> 9:30 - 12:30 pm Whole Grain Holiday Demo 2 - 4 pm	10
11 8:30 - 5:30 <u>By Appt. Only</u> 9:30 - 12:30 pm Office Hours 12:30 - 2:30 pm	12 9 - 6 <u>By Appt. Only</u> 10 - 12:30 pm Office Hours 2 - 4:30 pm  Walking Club 5 pm	13 11:30 - 8:30 <u>By Appt. Only</u> 12:30 - 2:30 pm Slow Cooker Holiday Meal Demo 4 - 6 pm	14 8:30 - 5:30 <u>By Appt. Only</u> 9:30 - 12:30 pm Office Hours 2:30 - 4:30 pm	15 11:30 - 8:30  Low Fat Baking Demo 1 - 3 pm <u>By Appt. Only</u> 5 - 7:30 pm	16	17 8 - 5  Kids Snack 'n' PAINT sign-up required 11 am
18	19 9 - 6 <u>By Appt. Only</u> 10 - 12:30 pm Office Hours 2 - 4:30 pm  Walking Club 5 pm	20 11:30 - 8:30  Catch of the Week Demo 2 - 4 pm <u>By Appt. Only</u> 6 - 7:30 pm	21 8:30 - 5:30  Early Head Start (Private event) 9 - 11 am <u>By Appt. Only</u> 2 - 4:30 pm	22 1 - 10  Cooking Class for Adults sign-up required 6:30 pm	23 8:30 - 5:30  Find Sara in the aisles to help you with your healthy holiday shopping!	24
25	26	27 1 - 10  Cooking Class for Adults sign-up required 6:30 pm	28 8:30 - 5:30 <u>By Appt. Only</u> 9:30 - 12 pm Office Hours 1:30 - 4:30 pm	29 11:30 - 8:30 <u>By Appt. Only</u> 12:30 - 3 pm New Year, New You! Cooking Demo 5 - 7 pm	30	31 8:30 - 5:30  Kid's Baking sign-up required 11 am

Please note that all office hours, dates/times of appointments, and events are subject to change without notice if absolutely necessary. All services are FREE of charge

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