



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 <i>Office Hours</i> 2 - 4:30 pm Walking Club 5 pm	29 1 - 10 Cooking Class for Adults sign-up required 6:30 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 <u>By Appt. Only</u> 2:30 - 4:30 pm	3 
4  <p><i>Did you know?</i> A good, ripe cranberry will bounce!</p>	5 9 - 6 <u>By Appt. Only</u> 10 - 12:30 pm <i>Office Hours</i> 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 <i>Office Hours</i> 12:30 - 2:30 pm	12 9 - 6 <u>By Appt. Only</u> 10 - 12:30 pm <i>Office Hours</i> 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 <i>Office Hours</i> 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 <i>Office Hours</i> 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 <i>Office Hours</i> 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