



Janson Family ShopRite of Patchogue Dietitian's Calendar July 2017



Sara Turnasella, RDN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 	26 By Appt. Only 10 - 12 PM & 2 - 4 PM Walking Club 5 PM	27 By Appt. Only 1 - 3 PM Frozen Foods Demo 5 - 7 PM	28 Check out new products on the Dietitian's Gondola, located in front of our pharmacy!	29 Cooking Class for Adults sign-up required 6:30 PM	30 	1 Kids Baking sign-up required 11 AM 
2 	3 By Appt. Only 10 - 12 PM Burger Demo 1 - 3 PM Walking Club 5 PM	4 HAPPY 4TH OF JULY! 	5 By Appt. Only 9 - 12 PM & 2 - 4 PM	6 Blueberry Bonanza! Demo 3 - 5 PM By Appt. Only 6 - 7 PM	7 By Appt. Only 9 - 12 PM & 2 - 4 PM	8 
9	10	11	12	13	14	15
Dietitian on Vacation, See You Soon! Have a nutrition question while Sara's away? Call Annemarie, ShopRite of Hauppauge's Retail Dietitian at (631) 979-0110 ext 3001						
16 By Appt. Only 9 - 12 PM Lean Protein Demo 2 - 4 PM	17 By Appt. Only 10 - 12 PM & 2 - 4 PM Walking Club 5 PM	18 By Appt. Only 1 - 3 PM & 5 - 7 PM	19 <i>Did you know?</i> The average American consumes about 33lbs of cheese per year!	20 Cooking Class for Adults sign-up required 6:30 PM	21 Kids Snack 'n' PAINT sign-up required 11 AM	22 
23 	24 	25 By Appt. Only 1 - 3 PM Walking Club 5 PM	26  Seafood Demo 2 - 4 PM	27 Lecture: Easy Healthy Meal Prepping! sign-up required 6 pm	28 Protein Packed Snack Demo 10 - 12 PM By Appt. Only 2 - 4 PM	29 By Appt. Only 9 - 12 PM & 2 - 4 PM

All hours, dates/times of appointments, and events are subject to change without notice.
For any questions, details about events, or to schedule an appointment, please call
(631) 286-5000 ext. 3001 or e-mail: Sara.Turnasella@wakefern.com

Color Code: **Store Demo/Tasting** **School Event (out of office)** **Community Event (out of office)**

Store Kid Event **Store Cooking Class** **Walking Club (out of office)** **Store Lecture** **Store Table Event**