



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 4 th 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 Sun
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 Did you know? 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 Beach Ball
23 Uncle Sam Hat	24 Water Bottle	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