

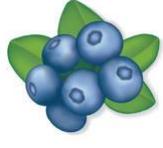

Janson Family
ShopRite of Patchogue
Dietitian's Calendar

May 2017

Sara Turnasella, RDN

Celiac Disease Awareness Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1  By Appt. Only 10 - 12:30 PM & 2 - 4:30 PM Walking Club 5 PM	2 Produce Pick of the Week Demo 1 - 3 PM By Appt. Only 5 - 7:30 PM	3 By Appt. Only 9 - 12 PM & 2 - 4 PM	4 Check out new products on the Dietitian's Gondola, located in front of pharmacy!	5 By Appt. Only 12:30 - 3 PM & 4 - 7:30 PM	6 
7 By Appt. Only 9 - 12 PM Wholesome Pantry® Demo 1 - 3 PM	8 Wakefern Dietitian Meeting in NJ (out of office) Walking Club 5 PM	9 By Appt. Only 12 - 3 PM Walking Club 5 PM	10 By Appt. Only 9 - 12 PM Daiya® Shreds Demo 2 - 4 PM	11 Be a Food Detective! Nutrition Label Reading Talk 6 PM	12 	13 <i>Did you know?</i> Female asparagus is plumper than male asparagus!
14  Happy Mother's Day	15 School Nutrition Talk 8 - 2 PM Walking Club 5 PM	16 School Nutrition Talk 8 - 2 PM	17 Gluten Free Snack Demo 1 - 3 PM By Appt. Only 5 - 7 PM	18 Eagle Elem. Taste Club! (private event) 3 - 4:30 PM	19 Canaan Elem. Taste Club! (private event) 3 - 4:30 PM	20 Kids Snack 'n' PAINT sign-up required 2 PM
21 	22 By Appt. Only 10 - 12:30 PM & 2 - 4:30 PM Walking Club 5 PM	23 By Appt. Only 12:30 - 3 PM SCCC Diet Tech Advisory Meeting 4 PM	24 Grilled Fruit Demo 11 AM - 1 PM By Appt. Only 2 - 4 PM	25 Cooking Class for Adults sign-up required 6:30 PM	26 Pat-Med Library Kids Event 10 - 12 PM By Appt. Only 2 - 4 PM	27 
28 	29  MEMORIAL DAY	30  Catch of the Week Demo 2 - 5 PM	31 Sara is out of the office and in the community planning events. To partner on events, send her an e-mail!	1 Cooking Class for Adults sign-up required 6:30 PM	2 <i>Did you know?</i> The best fruits for grilling are firm and barely ripe!	3 KidsFit sign-up required 11 AM

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