



ShopRite of Clark Live Right with ShopRite Calendar of Events February 2012



"American Heart Month
& Facts About Fats"



Lauren Purdy, R.D.

For more information, call 908-309-9244

Do you have nutrition questions, need menu ideas or just want tips to help you or your family eat better? Be sure to visit Lauren in her office, located across from the pharmacy, and she will be more than happy to assist you

New at ShopRite of Clark: health screenings provided by Overlook Hospital the 3rd Friday of each month. Stop by the Dietitian's Corner for more details.

February 2nd, Thursday

"Specialty Grocery's Food Show" Time TBD

Lauren will be attending a specialty food show that introduces new upcoming products, including gluten-free and organic!

February 3rd, Friday



"Extreme Munch and Learn Makeover: Superbowl Style" 1-3 pm

Do you want to enjoy traditional Superbowl snacks without packing on unwanted pounds? Come join Lauren, the in-store registered dietitian, as she prepares a healthy and delicious recipe. Learn about preparation and nutritional composition of featured recipe as well!

February, 4th, Saturday



"Store Tour Adventure- Cub Scout Troop # 273" 10-11 am

Lauren will be guiding Troop #273 on an adventure around ShopRite! Cub Scouts will learn about the nutritional benefits of each department, and maybe taste a sample along the way!

February 6th, Monday

"Munch and Learn" 2-4 pm

Stop by the Dietitian's Corner and visit Lauren, as she prepares a healthy and delicious recipe. Learn about preparation and nutritional composition of featured entrée and take recipe home to recreate on your own.





February 7th, Tuesday

"Meeting Your Nutrient Needs-Teens" At JFK High School, 8-11:30 am

Lauren will be hosting a nutrition education class with the sophomores and juniors of JFK High school. Students will learn the importance of nutrition during these growing years, and how easy it is to incorporate healthy foods into their daily lives!

February 13th, Monday

"Blood Pressure Screening with Cabot Cheese" 10am-2 pm

Join your health and wellness team, Norman Zong and Lauren Purdy, for a FREE blood pressure screening located at the Dietitian's Corner. Afterwards, be sure to pick up a FREE sample of low-fat cheese products courtesy of Cabot!

February 14th, Tuesday



"Valentine's Day: Love a Little Lighter" 12:30-7 pm

Are you looking to lighten up your Valentine's Day dinner? Be sure to stop by the Dietitian's Corner, located next to customer service, for some lower calorie, yet delicious, Valentine's Day recipes!

"Live Right with ShopRite Cooking Class: Recipes from the Heart for the Heart" 7-9 pm

Join Lauren as she teams up with our Wakefern Corporate Chefs for our Live Right Culinary Workshop Program. While the Chefs prepare, feel free to ask Lauren any nutrition related questions about our Live Right products! Come with questions, leave with answers!

This event has limited seating, sign-up only at customer service.

Fee is \$20.00 per person.

February 16th, Thursday

"Munch and Learn" 12-2 pm

Stop by the Dietitian's Corner and visit Lauren, as she prepares a healthy and delicious recipe. Learn about preparation and nutritional composition of featured entrée and take recipe home to recreate on your own.

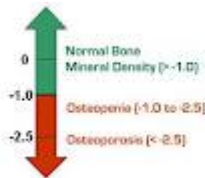




February 17th, Friday

"Monthly Screening Provided by Overlook Hospital: Bone Density" 12-2 pm

**Registration preferred, although walk-ins will be welcome* Cost: \$10.00. Call 1-800-247-9580 to register with Overlook Hospital, or stop by the Dietitian's Corner for more information.*



Find out if you are at risk for developing osteoporosis with a noninvasive ultrasound that provides immediate results. Counseling and educational materials are also

provided.

February 22, Wednesday

"Have Fun with MyPlate!" At Featherbed Lane Preschool 9:30-11:30 am



Lauren will be teaching three and four year olds about MyPlate! We'll discuss each food group, and even use our muscles while we play a fun nutrition guessing game!

February 23rd, Thursday

"Nutrition in the Kitchen: Meat cuts and Healthy Preparation " 12-12:15 pm



Join Lauren, the in-store registered dietitian, and Chef Brian, manager of our hot foods department, as they team up in this quick seminar discussing lean meat preparation! As always, enter to win in a FREE raffle prize!

February 26th, Sunday

"Live Right with ShopRite Kids Day: Facts About Fats!" 11-2 pm



Join Lauren and Scrunchy the Bear at the Dietitian's Corner, located next to customer service, for our monthly in-store kids event! Come participate in fun activities and receive FREE healthy giveaways!

February 27th, Monday

"Nutrition Basics Seminar" At Union County Occupational Training Center 9-10 am

Lauren, the in-store registered dietitian, will be giving a brief seminar on nutrition basics and healthy eating to the participants of Union County Occupational Center!





February 29th, Wednesday "Munch and Learn" 2-4 pm

Stop by the Dietitian's Corner and visit Lauren, as she prepares a healthy and delicious recipe. Learn about preparation and nutritional composition of featured entrée and take recipe home to recreate on your own.

Save the Date!!!

**Mark your calendars for future health screenings at
ShopRite of Clark**

February 17th- Bone Density- \$10.00 Fee

March 16th- Hearing- FREE

**FREE private and group counseling available with Lauren call for appointment!
(908) 309-9244**

**Check out the Live Right section of the ShopRite website each month for events,
demo's and our Health and Wellness Program.**

"Eating Healthy has become easier at ShopRite of Clark"

***Please note event dates/times & details subject to change.**

