



ShopRite of Clinton
CALENDAR OF EVENTS FOR NOVEMBER 2009
Margaret Dobbs, Live Right with ShopRite™ Merchandiser
Nancy Grospe, R.ph. Pharmacist
For More Information, call 908-730-6800

Live Right at ShopRite

Do you have nutrition questions, need menu ideas, or just want tips for helping the family eat better? Perhaps you have questions about medications you are taking or about vitamins and supplements? Margaret and Nancy are here to help you meet your health and wellness goals. Ask for Nancy at the Pharmacy and Margaret at the courtesy counter and we would be more than happy to help you

Check out Margaret's calendar for specific availability.

**November 4
Wednesday**

New Gluten Free Section!

Come and check out our new gluten free section, located at the end of the aisle 14, facing the dairy department.

**November 6, 7 & 8
Friday, Saturday & Sunday**

**Live Right with ShopRite Demo
11 am – 2 pm**

Come and join us for our Live Right Demo.

**November 10
Tuesday**

**Arc Nutrition program
10 am – 1 pm**

This monthly program has been developed for ARC associates (caretakers). This month we are talking about healthy fats, whole grains and sugars.





**November 12
Thursday**

Diabetic friendly desserts
**“Live Right with ShopRite healthier for You Cooking Series” at
Flemington ShopRite**
7 pm – 8 pm

The holidays are coming and its easy to become overwhelmed when you're surrounded by so many sweets. Come and check out our diabetic-friendly treats and learn how to fit them into your holiday meal plans.

**November 13
Friday**

Free Glucose (blood sugar) Screening
10 am – 2 pm

This is a free program sponsored by Shoprite. Come by and have your blood sugar tested and check out our samples of diabetic-friendly foods.

**November 14
Saturday**

Live Right with ShopRite Demo
11 am – 3 pm

Join us for a day of diabetes information, diabetic-friendly food sampling and meal ideas.

**November 15
Sunday**

Live Right with ShopRite Demo
11 am – 3 pm

Come and join us for a sample of Gluten free foods.

**November 20, 21 & 22
Fri, Sat, & Sun**

Live Right with ShopRite Demo
11 am – 3 pm

Join us to learn healthy strategies for planning the big Thanksgiving Day feast. Learn how to “time your meal” for a perfect dinner, substitutions for hard to find ingredients, healthier options and much more.

**November 28 & 29
Saturday and Sunday**

Live Right with ShopRite Demo
11 am – 3 pm

Keep it light with some post Thanksgiving treats.

