



ShopRite of Fischer Bay Live Right Calendar of Events February 2012



Aimee Wharton, RD



Celebrate Heart Health Month!

Do you have nutrition questions, need healthy menu ideas, or want tips for helping your family live a healthier lifestyle?

Aimee is here to help you meet all your health and wellness goals!

Contact Aimee to schedule a FREE individualized nutrition counseling session or store tour. Aimee is also available for community events and cooking demos.

For more information: (732) 341 – 0700 ext. 60 or email Aimee at aimee.wharton@wakefern.com.

Thursday, Feb 2:

Dietitians Super bowl Party 12:00pm – 2:00pm

Come score a nutritional touchdown with these healthy Super bowl dips and snacks! Aimee will prepare healthier options of your favorite snacks that will fill you up without weighing you down!

Friday, Feb 3:

Go Red for Women – Wear Red Day 10:00am – 3:00pm

Sponsored by the American Heart Association, Go Red for Women celebrates the energy, passion, and power women have to band together to wipe out heart disease and stroke. Join Aimee, by the Pharmacy, for information on heart disease and how to eat properly. Be sure to enter the raffle!





Monday, Feb 6:

Toms River Healthy Seniors 10:00am – 12:00pm

Aimee will be at the Toms River Senior Center with the Healthy Seniors, Healthy Weight program!

Girl Scout Troop 4:00pm – 5:00pm

Aimee will be joining Toms River Girl Scout Troop at Silver Bay School to teach them about added sugars and the new MyPlate. The Girls will also make a fun, healthy snack!

Tuesday, Feb 7:

Kick-Off to ShopRite Associate Weight Loss Program

Aimee will kick-off the Biggest Loser for the ShopRite of Fischer Bay associates! ShopRite associates will dedicate themselves to eating right and exercising for the next 6 weeks!

Thursday, Feb 9:

Young Consumers 9:30am

The Elms Elementary 3rd graders will be learning about nutrition, and have fun too! Aimee will be educating Young Consumers about what it means to eat right each and every day!

Friday, Feb 10:

Toms River Youth Services Valentine's Day Snacks 4:30pm

Aimee will be joining the Toms River Youth Services after school program to teach them about healthy after school snacks! They will also make a treat their heart will love!

Monday, Feb 13:

Valentine's Day Meals

Need a last minute healthy and romantic meal idea? Make sure to see Aimee, your in-store dietitian, on how to make your Valentine's Day meal healthier!

Tuesday, Feb 14:

Happy Valentine's Day!

Wednesday, Feb 15:

Young Consumers 9:30am

The Elms Elementary 3rd graders will be learning about nutrition, and have fun too! Aimee will be educating Young Consumers about what it means to eat right each and every day!

Thursday, Feb 16:

FREE Blood Pressure Screening 4:00pm – 8:00pm

The ShopRite of Fischer Bay will have a FREE blood pressure screening provided by US Wellness! High blood pressure is a major risk factor for heart disease and stroke – make sure to see Aimee to make simple changes for a healthier you.





Monday, Feb 21:

Spill the Beans for Heart Health 11:00am – 1:00pm

Learn how to boost your nutrition with beans as Aimee prepares a delicious bean soup. Beans are a great source of protein, fiber, vitamin and minerals – a choice your heart will love you for!

Thursday, Feb 23:

Culinary Workshop: Organics – Fact verses Myths

Aimee and Jennifer, the Perlmutter Family Registered Dietitians, will be joining the Junior Chefs of Lacey and their parents to present information on organic foods – what it means nutritionally and how to shop organic on a budget.

Friday, Feb 24:

Young Consumers 9:30am

The South Toms River Elementary 3rd graders will be learning about nutrition, and have fun too! Aimee will be educating Young Consumers about what it means to eat right each and every day!

Saturday, Feb 25:

LiveRight with Kids Day! 11:00am – 1:00pm

Hey kids! Come join Aimee, in-store dietitian, to taste delicious and nutritious snacks and participate in a fun activity! Parents, make sure to pick coupons for you and your kids!

Tuesday, Feb 28:

Kids Growing Great! 10:30am

Join Miss Aimee and Miss Anna at the Toms River Library to read stories, get moving, and have a healthy snack! Registration Required.

Be sure to check the Health and Wellness section and Dietitian's Corner each month at ShopRite.com for upcoming events and healthy living articles.

**Healthy living made easier at
ShopRite of Fischer Bay!**

Please note dates and times are subject to change.

