



ShopRite of Flemington Live Right Calendar of Events July 2009

SUSAN LANG-SAPONARA, RD

Offering Free Nutrition Store tours and Private Sessions

Kristin Santana, RPH

We offer a full service pharmacy with a supervising pharmacist on duty all day

FOR MORE INFORMATION, CALL 908-782-2553

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? Our registered dietitian and our pharmacists are here to help you meet your health and wellness goals. Yours free from your ShopRite of Flemington.

**July 1st
(Weds)**

Vegetarian Eating the Teen Way

Girl Scout Campers

10:00 – 12:00pm

Teen campers will explore vegetarian eating and learn ways to enjoy these healthful food choices.

**July 3rd & 4th
(Fri & Sun)**

Right For Tonight Demo

ShopRite of Flemington

3:00pm - 7:00pm Friday and 11:00 – 3:00pm Sunday

Join us for this weeks Right For Tonight recipe/product demonstration.

**July 9th
(Thurs)**

Live Right Cooking Series presents

“Make your summer sizzle, Mediterranean style”

ShopRite of Greenwich

6:00pm – 7:30pm

Come and learn how you can entertain this summer Mediterranean style. You'll discover new culinary techniques, enjoy sampling delicious foods and learn how eating Mediterranean style can help you stay healthy.

**July 10th , 11th & 12th
(Fri, Sat & Sun)**

**Right For Tonight Demo
ShopRite of Flemington
11:00am – 3:00pm**

Join us for this weeks Right For Tonight recipe/product demonstration.

**July 17th , 18th & 19th
(Fri, Sat & Sun)**

**Right For Tonight Demo
ShopRite of Flemington
11:00am – 3:00pm**

Join us for this weeks Right For Tonight recipe/product demonstration.

**July 24th & 25th
(Fri & Sat)**

**Right For Tonight Demo
ShopRite of Flemington
11:00am – 3:00pm**

Join us for this weeks Right For Tonight recipe/product demonstration.

**July 26th
(Sun)**

**Right For Tonight Demo
ShopRite of Flemington
3:00pm – 7:00pm**

Join us for this weeks Right For Tonight recipe/product demonstration.

**July 30th
(Thur)**

**Scrunchy's Book Club
Scrunchy's Play House
ShopRite of Flemington
4:30pm –5:00 pm - Book to be announced**

Children will listen to a story that weaves food or nutrition concept into the story line. Afterward, samples based on the book will be enjoyed. Reading by Susan Lang-Saponara, R.D

**July 31st
(Fri)**

**Sue's Health Table
ShopRite of Flemington
"The Original Fast food"
11:00 – 3:00pm**

Meet Sue, ShopRite of Flemington's Registered Dietitian. Learn about the "original fast foods" and how you can start benefitting from them today.