



ShopRite of Flemington Live Right Calendar of Events March 2010

SUSAN LANG-SAPONARA, RD

Your very own registered dietitian, 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.

**March 1st
(Mon)**

**Free Heart Healthy Event & Blood Pressure Screening
ShopRite of Flemington
10am – 2pm**

Come get your blood pressure taken and see our display of smart for your heart foods. Take home a heart healthy shopping list and make sure to sign up for a free heart healthy shopping tour with Sue, **your** registered dietitian, here at your Flemington ShopRite.

**March 3rd
(Wed)**

**Latino Well Clinic
Sand Hill Office of Hunterdon Pediatrics
9:00am to 12:00 pm**

A well child clinic open to the Hispanic community.
For more information call 908-782-6700.

**March 5th
(Fri)**

**Dairy Directions - LiveRight Product Demo
ShopRite of Flemington
11:00 – 3:00pm**

Join us for our LiveRight product demonstration, healthy eating in the dairy section.

**March 6th
(Sat)**

**Family Health Fair - featuring the Colossal Colon
Hunterdon Medical Center
10:00am to 2:00 pm**

Experience the “Colossal Colon” exhibit and visit our table. Learn about foods for a healthy colon and where to find these foods at the Flemington ShopRite.

**March 7th
(Sun)**

**Dairy Directions - LiveRight Product Demo
ShopRite of Flemington
11:00 – 3:00pm**

Join us for our LiveRight product demonstration, healthy eating ideas in the dairy section.

**March 9th
(Tues)**

**Opciones Sanas para una Vida Sana
ShopRite of Flemington
7:00 – 9:00pm, gratis**

Demonstracion de cocina. Tour del supermercado. Enterese donde debe ir para obtener pruebas de deteccion temprana del cancer. Se debe inscribir llamando a Miriam Ramirez, (908)751-9019 antes del 6 de Marzo. Deje un mensaje.

**March 12th & 14th
(Fri, Sun)**

**Great Grains - LiveRight Product Demo
ShopRite of Flemington
11:00 – 3:00pm**

Join us for our LiveRight product demonstration, great grains in our aisles.

**March 15th
(Mon)**

**Healthy Eating for Students
Flemington/Raritan Intermediary School
8:40 -9:40, 9:50 – 10:50 & 1:40 – 2:40pm**

Students will learn healthy eating habits to last a lifetime during this fun, informative and interactive nutrition presentation. Food samples will be provided.

**March 16th
(Tues)**

**Associate Biggest Loser Contest
ShopRite of Flemington**

Associates kick off the start of another biggest loser contest. Weigh in and nutrition and exercise classes start.

**March 19, 20 & 21st
(Fri, Sat & Sun)**

**Power foods Produce Style - LiveRight Product Demo
ShopRite of Flemington
11:00 – 3:00pm**

Join us for our LiveRight product demonstration, power foods produce style.

**March 22nd
(Mon)**

**Healthy Eating for Students
Flemington/Raritan Intermediary School
8:40 -9:40, 9:50 – 10:50 & 1:40 – 2:40pm**

Students will learn healthy eating habits to last a lifetime during this fun, informative and interactive nutrition presentation. Food samples will be provided.

**March 24th
(Wed)**

**Latino Well Clinic
Sand Hill Office of Hunterdon Pediatrics
9:00am to 12:00 pm**

A well child clinic open to the Hispanic community.
For more information call 908-782-6700.

**March 26, 27 & 28th
(Fri, Sat & Sun)**

**Deli Tonight - LiveRight Product Demo
ShopRite of Flemington
11:00 – 3:00pm**

Join us for our LiveRight Deli styli product demonstration.

**March 29th
(Mon)**

**Healthy Bones/ Healthy Eating for Seniors
ShopRite of Flemington
9:30 – 11:00am**

Seniors from the Healthy Bones program will come and learn about all the food solutions that we have here in our aisles at the ShopRite of Flemington. Food samples and store tour included.

**March 22nd
(Tues)**

**Cultural Eating & Lifestyles
Readington Middle School**

6th – 8th graders will learn about foods from all over the globe and how they can be part of a healthy eating plan during this fun and interactive health event.

**March 31st
(Mon)**

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

Children will listen to our book of the month. Afterward food featured in the reading will be sampled 😊. **Please inform our Scrunchy staff if your child has any food allergies.** Call Sue, our registered dietitian, at (908)782 – 2553 if you have any questions. Reading and sampling by Susan Lang-Saponara, R.D.