



ShopRite of Flemington Live Right Calendar of Events November 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.

**Nov 1st
(Sun)**

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

Join us for our weekly Right for Tonight recipe/product demonstration.

**Nov 2nd
(Mon)**

**Healthy Shopping Store Tour & Sampling
ShopRite of Flemington
1:00 – 2:30pm**

Women from our local YMCA will enjoy a store tour and sampling and learn about the variety of healthful foods in our store. Samples will be given.

**Nov 4th
(Wed)**

**Healthy Shopping Store Tour & Sampling
ShopRite of Flemington
1:00 – 2:30pm**

PE teachers from our Flemington Raritan schools will enjoy a store tour and sampling and learn about the variety of healthful foods in our store. Ideas for healthy meals and snacks for students and teachers will be discussed. Samples will be given.

**Nov 5th
(Thurs)**

**Seniors Health Fair
Educational Services Commission, Lambertville
9:00 – 12:00pm**

Join us for a morning of health and wellness for seniors. We'll provide bone density screening, resources on healthy eating, great food samples and more.

**Nov 6th, 7th & 8th
(Fri, Sat & Sun)**

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

Join us for our weekly Right for Tonight recipe/product demonstration.

**Nov 6th
(Fri)**

**Healthy Eating Scavenger Hunt and Sampling
ShopRite of Flemington
3:30pm – 4:30pm**

ShopRite will host the girl scouts from troop # 168 for a healthy eating scavenger hunt and food sampling

**Nov 7th
(Thurs)**

**Dilated Eye Screening
Center for Nutrition and Diabetes Management
8am – 1pm**

ShopRite will have a health table with great information on diabetes management, nutrition and more. Food samples will be provided.

**Nov 9th
(Mon)**

**National Diabetes Month -Glucose Screening
ShopRite of Flemington
10am – 2pm**

Join ShopRite and Maxium Health for our free glucose screening. We will also have a table with great information on diabetes management, nutrition, recipes, shopping tips and more. Food samples will be provided.

**Nov 11th
(Thurs)**

**Healthy Holiday Eating
Flemington's Women's Club
Flemington, NJ
1pm – 2:30pm**

Women from Flemington's Women's Club will enjoy a presentation on eating healthy during the holidays, healthy eating all year long and learn about the many products and services we have available at our Flemington ShopRite.

**Nov 12th
(Thurs)**

**KISS: Keep it Simple and Sweet
Delicious, Healthy & Diabetic Friendly Desserts
ShopRite of Flemington
7pm – 8:30pm**

Join us for an evening of great desserts; delicious and healthy. We'll show you how to make great tasting recipes perfect for the holidays and all of your guests. Call Sue Lang-Saponara to sign up for this FREE cooking class. (908)782 -2553

**Nov 13th, 14th & 15th
(Fri, Sat & Sun)**

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

Join us for our weekly Right for Tonight recipe/product demonstration.

**Nov 14th
(Sat)**

**Latino Health Fair
Hunterdon Medical Center
10am – 2pm**

ShopRite will host a health table with information on important health issues for the Hispanic community. Resources will be available on healthy living, eating, medications, recipes and more. Food samples will be provided.

**Nov 16th
(Mon)**

**Managing Diabetes in the Aisles
Free Diabetes Store Tour and Food Sampling
ShopRite of Flemington
10:00pm – 11:30 am**

Call Sue, our registered dietitian, at (908)782 – 2553 to sign up for this informative and free tour. Learn about diabetes friendly products we carry and services we provide to help you manage your diabetes in the aisle.

**Nov 16th
(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 of any food allergies your child has. Call Sue, our registered dietitian, at (908)782 – 2553 if you have any questions. Reading and sampling by Susan Lang-Saponara, R.D.

**Nov 20th, 21st & 22nd
(Fri, Sat & Sun)**

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

Join us for our weekly Right for Tonight recipe/product demonstration.

**Nov 29th
(Sun)**

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

Join us for our weekly Right for Tonight recipe/product demonstration.