



ShopRite of Flemington Live Right Calendar of Events February 2012



SUSAN LANG-SAPONARA, R.D.

Your very own registered dietitian & nutritionist, offering free nutrition store tours, cooking classes, menu planning, private sessions & more.

Sue has studied nutrition and dietetics at Cornell University. She has been practicing for over 12 years in maternal & child health, diabetes & weight management, and wellness. She is a Registered Dietitian and active member of the American Dietetic Association.

Stop by customer service and ask for Sue for nutrition facts you can trust.

For more information, call 908-782-2553

**February 1
(Wed)**

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

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

**February 3, 4 & 5
(Fri, Sat & Sun)**

**Live Right Demo – Super Super-Bowl Snacks!
ShopRite of Flemington
4 – 8pm Fri & 11 – 3pm Sat & Sun**

Super Super-Bowl Snacks. Come taste and learn at our Live Right demo.



**February 6
(Mon)**

**In the Aisle with Sue - Your Dietitian at the ShopRite of Flemington
<http://www.hunterdonchamberradio.com/>
12 – 1pm**

Visit <http://www.hunterdonchamberradio.com/> & click on “listen now” to hear the latest nutrition news from the aisles. Sue and guest dietitian Melissa Pickell will be discussing “meatless mains” & why you want to be eating more plant proteins. **If you’d like to provide information for the show, tips, recipes, favorites, questions, or more, contact Sue: (908) 782 – 2553.**



February 7
(Tues)

♥ **Heart Healthy Perimeter Store Tour**
ShopRite of Flemington
6:30pm



Come join us & members of Hunterdon Medical Center's Cardio Pulmonary Rehab Department for a new heart healthy way to shop the perimeter of our store. You'll be surprised by what you learn and how easy heart healthy shopping can be. Free & open to the public. **Registration required.**
Please call Sue at 782 – 2553.

February 10
(Fri)

Keeping the Pressure Down - Free Blood Pressure Screening
ShopRite of Flemington
10:00 – 2:00pm

A US Wellness nurse will be here providing free blood pressure readings for our shoppers. Come check out yours, and see how to keep the pressure down from our display of heart healthy foods from our aisles & recipes too! **Free and open to the public. Call Sue for details: 782 – 2553.**



February 12
(Sun)

Live Right Demo – ♥ Valentine Style! ♥
ShopRite of Flemington
11 – 3pm

Enjoy great flavors of chocolate and fruit in a deliciously healthy way. Come taste and learn at this Live Right demo.

February 13
(Mon)

In the Aisle with Sue - Your Dietitian at the ShopRite of Flemington
<http://www.hunterdonchamberradio.com/>
12 – 1pm



Visit <http://www.hunterdonchamberradio.com/> & click on "listen now" to hear the latest nutrition news from the aisles. Sue will be hosting this informative radio show every Monday at noon. Listen for great meal and snack solutions for you and the whole family, learn about all the great specials on healthy items in our aisles, get new ideas for recipes, keep up with the latest nutrition information, enjoy guest speakers, and more. **If you'd like to provide information for the show, tips, recipes, favorites, questions or more, contact Sue at: (908) 782 – 2553.**

February 14
(Tues)



Heart Healthy Perimeter Store Tour
10:00am
ShopRite of Flemington



Come join us & members of Hunterdon Medical Center's Cardio Pulmonary Rehab Department for a new heart healthy way to shop the perimeter of our store. You'll be surprised by what you learn and how easy heart healthy shopping can be. Free & open to the public. **Registration required.**
Please call Sue at 782 – 2553.

February 14
(Tues)



Go Red Day – Healthy Heart Talk for Seniors
2 - 3:00pm
Flemington Senior Center

Attendees will learn practical and delicious ways to take care of their hearts during this slide show demonstration with food display.

February 15
(Wed)

“Meatless Mains” Food Demo & Tasting
ShopRite of Flemington
5 – 8pm



Join me, your store’s Registered Dietitian and guest dietitian Melissa Pickell as we make and sample and chat about marvelous meatless meal ideas and why you need more plant protein in your week. Come taste and learn at this free Live Right demo. Questions? Call Sue: (908)782 - 2553

February 20
(Mon)



In the Aisle with Sue - Your Dietitian at the ShopRite of Flemington
<http://www.hunterdonchamberradio.com/>
12 – 1pm

Visit <http://www.hunterdonchamberradio.com/> & click on “listen now” to hear the latest nutrition news from the aisles. Sue and guest dietitian Alison Reyes will be discussing going gluten free; the why’s and how’s and what you need to know. **If you’d like to provide information for the show, tips, recipes, favorites, questions, or more, contact Sue: (908) 782 – 2553.**

February 23
(Thurs)



Healthy Foods - Strong Bodies, Strong Minds
ShopRite of Flemington

3:30 – 5:00pm

Daisy Troop 08505 will enjoy learning about healthy eating during this interactive tour, talk, and taste program.

February 24& 26
(Fri & Sun)

Live Right Demo – Heart Healthy Snacking!
ShopRite of Flemington
4 – 8pm Fri & 11 – 3pm Sun



Taste how delicious heart healthy snacking can be! Come taste and learn at this Live Right demo.

February 25
(Sat)



Live Right Kids Event
ShopRite of Flemington
11 – 3pm

Calling kids of all ages! Join us and learn the facts about fat and healthy snacking. Sample tasty snacks to keep you healthy and strong all year long & beyond!

February 27
(Mon)



In the Aisle with Sue - Your Dietitian at the ShopRite of Flemington
<http://www.hunterdonchamberradio.com/>
12 – 1pm

Visit <http://www.hunterdonchamberradio.com/> & click on “listen now” to hear the latest nutrition news from the aisles. Sue will be hosting this informative radio show with Margaret Dobbs & Sheila Suerig our Health & Wellness Coordinators from our Clinton and Philipsburg stores. Listen for great meal and snack solutions for you and the whole family, learn about all the great specials on healthy items in our aisles, get new ideas for recipes, keep up with the latest nutrition information and more. **If you’d like to provide information for the show, tips, recipes, favorite foods, questions or more, contact Sue at: (908) 782 – 2553.**



February 28
(Tues)

Scrunchy’s Book Club
ShopRite of Flemington
4:00pm

Children will learn about nutrition during this fun monthly reading program by Susan Lang-Saponara, our very own registered dietitian. *Please inform our Scrunchy’s staff if your child has food allergies.

*Please note event dates, times and details subject to change





Susan Lang-Saponara, R.D.
Registered Dietitian
Health & Wellness Calendar

~February~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8 – 4:30	2 8 – 4:30	3 1:30 – 10:30	4 8:30 – 5:00
			Latino Clinic 9 – 12pm	Spring Summer Food Show Rairitan Center NJ	Super Super-Bowl Snacks LiveRight Demo 4 - 8	Super Super-Bowl Snacks LiveRight Demo 11 - 3
5 8:30 – 5:00	6 9:00 - 5:30	7 2:00 – 10:30	8 7 – 3:30	9 off	10 8 – 4:30	11 off
Super Super-Bowl Snacks LiveRight Demo 11 - 3	In the Aisle with Sue 12 – 1pm 	Heart Healthy Store Tour 6:30pm	Nutrition User Group 8 – 2:30		Free Blood Pressure Screening 11 - 3	
12 on	13 9:00 – 5:30	14 8:30 – 5:30	15 1:00 – 9:30	16 9:00 – 5:30	17 off	18 off
Heart Healthy Snacks Valentines style LiveRight Demo 11 - 3	In the Aisle with Sue 12 – 1pm 	Heart Healthy Store Tour 10:00am Go Red Day Seniors Talk 2 – 3pm	Meatless Mains Food Demo & Tasting 5 – 8pm	Make a Free appointment with me for your health needs		
19 off	20 11:00 - 9	21 9 – 5:30	22 off	23 10:00 – 5:00	24 2:00 – 10:30	25 9:00 – 5:30
	In the Aisle with Sue 12 – 1pm 	New Year New You!! Looking to make changes for the new year. Make an appointment with Sue		Healthy Eating for Strong Bodies, Strong Minds 3:30 – 4:30	Heart Healthy Snacks LiveRight Demo 4 – 8	Live Right Kids Day Event 11 - 3 
26 9 – 4:30	27 9:00 – 5:30	28 9:00 – 5:30	29 off			
Heart Healthy Snacks LiveRight Demo 11 - 3	In the Aisle with Sue 12 – 1pm 	Scrunchy's Book Club 3pm 		<p>For more on our FREE services, contact Susan Lang-Saponara, R.D. Registered Dietitian (908) 782-2553 Susan.Langsaponara@Wakefern.com</p>		