



**ShopRite of Hillsborough
Live Right with ShopRite
CALENDAR OF EVENTS**



**February 2012
American Heart Month**

Rachel Simpers, RD
For more information, call
(908)-359-7400 or email

rachel.simpers@wakefern.com



Do you have nutrition questions, need healthy menu ideas, or want tips for helping your family live a healthier lifestyle? Rachel is here to help you meet all of your health and wellness goals! Stop by her office next to pharmacy or ask for her at the courtesy desk or pharmacy.

Feb 3rd-Friday

Girl Scouts Visit! 3:30-4:30pm

Rachel takes the Girl Scout Troop 436 on an adventure in healthy eating around ShopRite!

Feb 4th-Saturday



Slimmed Down SuperBowl 11:00am-2:00pm

Instead of making fried wings and heavy dips, come by for free samples and recipes of healthier snacks, dips and spreads that are easy to make and perfect for the Superbowl!

Feb 6th-Monday

**First Class Of Rachel's February Weight Loss Program
6:00pm-8:00pm**

Sign up for this free month-long weight loss class with Rachel. 10 spots are available for this class so contact Rachel today!

Feb 7th-Tuesday



Heart Healthy Store Tour 10:00-11:30am, 5:00-6:30pm

Come on this heart healthy store tour with Rachel as she teaches you how to navigate the aisles, read labels and eat healthy if you are concerned about your blood pressure, triglycerides or cholesterol levels. Please register on the sign-up sheet by Rachel's office or email her to confirm your attendance.

Feb 9th-Thursday



FREE BLOOD PRESSURE SCREENING 4-8PM

Come by this free screening to have your blood pressure checked! Afterward stop by and see Rachel to learn about how to eat better for high blood pressure!

Feb 10th-Friday

Rachel's Recipe: Heart Healthy Chili 11:00am-1:00pm

Stop by this hearty and healthy recipe demonstration and sample Bob's Red Mill 13 Bean Chili and learn how it can help lower your cholesterol!



Feb 13th-Monday



Choosing the Right Cheese 11:00am-1:00pm

Full fat, reduced fat, or fat free, which is the right cheese for you? Come by this informative talk with Rachel and sample a variety of cheeses and learn which one is right for you and your lifestyle!

Rachel's Weight Loss Program 6:00-8:00pm, 2nd Class

Feb 14th-Tuesday



Happy Valentines Day-Chocolate Recipe Demo: 12:00-2:00pm

Stop by and visit Rachel as she samples some chocolate treats!

Feb 15th-Wednesday

Butter Substitutes: Which Ones Are Best? 12:00-2:00pm

Choosing the right butter substitute can be overwhelming when there are so many to pick from. Stop by and see Rachel as she explains what to look for on the label and which ones are best for heart health.

Feb 17th-Friday

Rachel's Recipe 12:00pm-2:00pm

Come by and sample Rachel's latest healthy recipe!

Feb 20th-Monday

Rachel's Weight Loss Program 6:00-8:00pm, 3rd Class

Feb 21st-Tuesday



Better Beef For Heart Health: 3:00-5:00pm

Ever wonder which cuts of beef are the leanest and best for you? Stop by and visit Rachel near the meat department as she helps you select better cuts of beef!

Feb 23rd-Thursday



Store Tour: How to Lower Your Cholesterol 6:00pm-7:30pm

Do you have high cholesterol? Come on this store tour with Rachel as she helps you shop and select products that will help to lower your cholesterol.

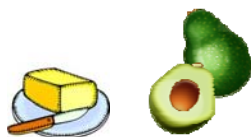
Feb 24th-Friday

Rachel's Recipe: 3:00pm-5:00pm

Come by and sample Rachel's latest healthy recipe.



Feb 25th-Saturday



ShopRite KIDS DAY!-Facts About Fats!

Bring your child to this free in-store event with Rachel, ShopRite's Registered Dietitian as they learn the different types of fat in foods. Coloring sheets and balloons will be available for the kids, as well as coupons and recipes for the parents

Feb 27th-Monday

Rachel's Weight Loss Program 6:00-8:00pm Final Class!

Contact Rachel with any questions or to schedule a FREE counseling session at 908-359-7400 or email rachel.simpers@wakefern.com

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 Hillsborough