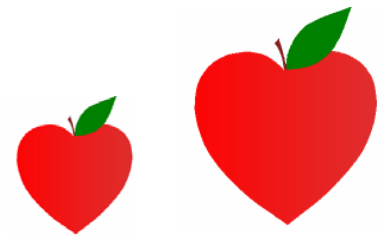




ShopRite of Kingston
February 2012
Live Right Calendar of Events



Sarah Daubman,
Registered Dietitian
For more information:
845 336 7834



“There is no love sincerer than the love of food.” George Bernard Shaw

In February we celebrate American Heart Month and St. Valentine’s Day. Join Sarah at Kingston ShopRite this and every month to treat your heart right. She is available to answer your nutrition questions, suggest menu ideas and give tips on how to help your family eat better. Sarah also provides many complimentary nutrition services to the local community. For more information, call 845 336 7834.

February 3rd, Friday

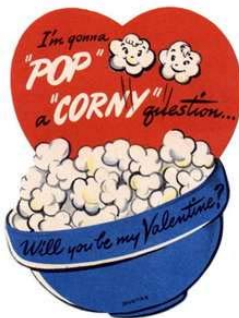
From Sarah’s Pantry, 2pm – 5pm

What smells so good? It’s the latest recipe From Sarah’s Pantry! Every week Sarah searches to find the best recipe to prepare in the store and share with her customers. It’s always healthy and delicious! Stop by to try a sample and take home the recipe to create your own! Nutrition information provided.

February 7th, Tuesday

Community: Bringing Agencies Together, 9am – 11am

Sarah will be at the Kingston Library attending a networking event serving the Ulster County community. This is one of the many ways Sarah stays in touch to serve the Kingston community.



Community: Boys Club Weekly Cooking Class, 2pm – 3:30pm

Sarah will be teaching a mini cooking class to the Boys Club at Miller Middle School. This week the students will learn about dairy foods and prepare a healthy recipe to sample. We definitely have some savvy chefs in this group! Bon appetit!

February 8th, Wednesday

From Sarah’s Pantry, 12pm – 3pm

Something’s cooking! Join Sarah as she prepares a healthy, delicious recipe. Try a sample and take home the recipe to create your own! Nutrition information provided.

February 11th, Saturday

In Store Blood Pressure Screening, 4pm – 8pm

Your ShopRite of Kingston will be offering a **FREE** blood pressure screening to customers. Sarah will team up with Kate Bibbo, Registered Pharmacist, to answer your health and nutrition questions. Also take your **FREE** chance at winning a raffle prize!

February 13th, Monday

Dietitian's Corner: Valentine's Edition, All Day

What does your sweetie love almost as much as you? Why chocolate of course! Did you know dark chocolate is rich in antioxidants? Stop by Sarah's Dietitian's Corner to learn more about the health benefits of this Valentine's favorite and pick up some recipe ideas for your Valentine's dinner.

February 14th, Tuesday

Community: Boys Club Weekly Cooking Class, 2pm – 3:30pm

Today Sarah will be finishing up her 6 week mini cooking class with the Boys Club at Miller Middle School. To conclude this Cooking 101 series, Sarah will present MyPlate and teach the students how to put together a healthy meal.

February 15th, Wednesday

Community: Office of the Aging, Kingston Site, 11am – noon

Sarah is honored to contribute to the local community by presenting a nutrition topic for older adults at the Kingston site for the Office of the Aging.

February 16th, Thursday

From Sarah's Pantry, 12pm – 3pm

Another week's edition of From Sarah's Pantry! Join Sarah as she prepares a healthy, delicious recipe. Try a sample and take home the recipe to create your own! Nutrition information provided.

February 22nd, Wednesday

Community: Office of the Aging, Saugerties Site, 11am – noon

Sarah is honored to present a nutrition topic to the group at the Saugerties site for the Office of the Aging.

February 23rd, Thursday

From Sarah's Pantry, Produce Pick of the Month, 12pm – 3pm

This week, Sarah is preparing a delicious recipe featuring March's Produce Pick of the Month, the pummelo! If you love it already, or if you have never tried it, come by for a sample. Don't forget to take home the recipe so you can make it yourself. Nutrition information provided.

