



ShopRite of Kingston
LIVE RIGHT CALENDAR OF EVENTS
MARCH 2010
Sarada Bernstein, MPH, RD
For More Information, call 845-336-7800

To celebrate March as National Nutrition Month, we will be highlighting foods and products in each of our departments to help you, our ShopRite shoppers, in making the best nutritional choices for you and your family. Join us for information, health screenings, samplings of healthy recipes and products that you can find everyday in our stores. Be sure to see our in-store Dietitian Sarada if you have nutrition questions, need menu ideas or just want tips to help your family eat better.

March 3, Wednesday

ShopRite of Ellenville Blood Pressure Screening 10:00-2:00pm

100 Shoprite Boulevard Ellenville, NY

Free blood pressure screening with heart healthy recipes, and product sampling. WellCare will also be present to answer any Medicaid/Medicare questions

March 4, Thursday

ShopRite of Kingston Blood Pressure Screening 10-2:00pm

Get your blood pressure checked and join Sarada to learn more about what makes a heart healthy diet. Come and sample heart healthy foods from all of our departments including two "Rite for Tonight" recipes. Enter our raffle to receive a \$5.00 coupon. Many free give aways will be provided including coupons, cloth grocery bags and Kashi heart healthy samples. WellCare will also be present to answer any Medicaid/Medicare questions





March 5, Friday

ShopRite of New Paltz Blood Pressure Screening 10:00-2:00pm

258 Main Street New Paltz, NY

Free blood pressure screening with heart healthy recipes, educational material and product sampling with Sarada. WellCare will also be present to answer any Medicaid/Medicare questions

March 9, Tuesday

ShopRite of Hudson Blood Pressure Screening 10:00-2:00pm

70 Healy Blvd Hudson, NY

Free blood pressure screening with heart healthy recipes, educational material and product sampling.

March 10, Wednesday

Facts about Fat 11:00-2:00pm

Join Sarada and learn about healthy and non-healthy fats. She will help you learn how to reduce fat in your diet and witness a fat demonstration that will make you think twice about reaching for that next hamburger. Enjoy samples of some nutritious heart healthy oils.

March 12, Friday

Rite for Tonight 11:00-2:00pm

Join Sarada for samples, tips and recipes for lean and healthy meat dishes.

March 13, Saturday

Seafood Made Simple 11:00-2:00pm

The American Heart Association recommends eating two servings of fish per week for optimum heart health. Join Sarada and Fred from the seafood department as they prepare a delicious and healthy seafood dish that you can easily prepare at home.

March 14, Sunday

St. Patrick's Day Parade Step Off at 1:00pm

Join Shop Rite at the Kingston St Patty's Day Parade. Look for the Shop Rite float for free give aways.

March 17, Wednesday

Healthy St. Patrick's Day 11:00-1:00pm

Join Sarada as she prepares delicious sautéed cabbage to celebrate St Patty's day. Sample a healthy spin on Irish soda bread prepared by the Bakery department.





March 18, Thursday

Facts about Sugar 1:00-4:00

Learn about added sugars and how to reduce sugar in your diet. Witness a sugar demonstration that will make you think twice about drinking the next soda

March 19, Friday

Seafood Made Simple 11:00-2:00pm

The American Heart Association recommends eating two servings of fish per week for optimum heart health. Join Sarada and Fred from the seafood department as they prepare a delicious and healthy seafood dish that you can easily prepare at home.

March 23, Tuesday

The Whole (Grain) Story 11:00-2:00pm

Join Sarada in the LiveRight section to learn more about why whole grains are important for your health. Get tips on how to fit more whole grains into your diet and sample some delicious whole grain products

March 24, Wednesday

3 a Day Dairy 10:00am-1:00pm

Visit Sarada and learn more about why dairy foods are so important to our health and how to get more into your diet. Sample Greek yogurt and learn how to use it to lower the fat in your favorite dip.

March 25, Thursday

Healthy Frozen Foods 1:00-4:00pm

Frozen foods are convenient, and they can help us stick to a healthy eating plan. Visit Sarada by the frozen section and sample different examples of healthy frozen fare.

March 26, Friday

Rite for Tonight 11:00-2:00pm

Join Sarada for samples, tips and recipes for lean and healthy meat dishes.





March 27, Saturday

Seafood Made Simple 11:00-2:00pm

The American Heart Association recommends eating two servings of fish per week for optimum heart health. Join Sarada and Fred from the seafood department as they prepare a delicious and healthy seafood dish that you can easily prepare at home.

**Check the Live Right section of the ShopRite website each month for events, demo's and our Health and Wellness Program
Eating Healthy has Become Easier at ShopRite of Kingston.**

