



**ShopRite of Kingston  
LIVE RIGHT CALENDAR OF EVENTS  
SEPTEMBER 2010**

**Sarada Bernstein, MPH, RD  
For more Information, call 845 336-7834**

Kathleen Bibbo, RPH

**We offer a full service pharmacy with a supervising pharmacist on duty all day  
FOR MORE INFORMATION, CALL (845) 336-7833**

Do you have nutrition questions, need menu ideas, or just want tips for helping your family eat better? Sarada is here to help you meet your health and wellness goals. Ask for Sarada at the courtesy counter or pharmacy and we would be more than happy to help you.

**September 1, Tuesday**

**Operation Frontline 5:30-7:30pm**



**Live Right with ShopRite** is partnering with **Queens Galley**, Kingston's community food pantry/soup kitchen, to teach pregnant teens from the YWCA about healthy eating, balance, variety and moderation through hands on cooking. We will be using **"Step Up To Eating Right"** a 6 week nutrition program provided by Share Our Strengths "Operation Frontline". **Sarada** and **Diane Reeder** (Director of Queens Galley) will be teaching this program in the Kingston ShopRite so come on down and observe this in-store hands on exciting class and sign up for the next one beginning in October.





## Operation Frontline Cont...

### Week 3: "Using Food Labels to Identify healthy Foods "

- Snack Chat: Using the nutrition facts label, with attention given to special nutrient needs during pregnancy
- Nutrition Activities *i.e. Nutrition Facts Shuffle*
- Cooking with Safety in Mind *i.e. what you should know about eating fish*

### September 3, Friday



#### Rite for Tonight 11:00-2:00pm

September is **National Cholesterol Education Month**. Join Sarada while she prepares a delicious heart healthy meal that will be sure to inspire the chef in you! Education materials and recipe will be provided☺

#### Healthy Eating Store Tour 4:30-6:30pm

Participants from the YWCA will partake in a healthy supermarket tour and learn the basics of eating well. Members will also prepare and enjoy "Pyramid Salsa" to reinforce class lesson.

### September 14, Tuesday

#### What's Your Body Fat? 1:00-4:00pm

Ever think to your self "how much of body is comprised of fat?" Come and visit **Sarada** and find out! She will answer this question and give tips, if necessary, on ways to improve your results. Sarada is also available for free private consultation if you would like further information on health and nutrition. Come on by!

### September 15, Wednesday

#### Operation Frontline 5:30-7:30pm



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## Operation Frontline Cont...

### Week 4: "Feeding the Family"

- Snack Chat: Choosing appropriate foods for infants and small children and the peanut-child feeding relationship
- Nutrition Activities *i.e. baby food taste test,*
- Cooking with Safety in Mind *i.e. Cooking and maintaining foods at proper temperatures*

### September 16, Thursday



#### **Cholesterol Screening Event 10:00am-2:00pm**

LiveRight with ShopRite is offering this free screening. Come and celebrate **National Cholesterol Education Month** with **Sarada** and pharmacist **Kate Bibbo R.Ph.D.** Sample a delicious low cholesterol high omega -3 recipe that will inspire you to recreate at home to keep your heart healthy! Enter our FREE raffle to win a grocery bag of heart healthy goodies. FREE nutritional advice, handouts and giveaways! Also visit all of our departments and sample low cholesterol options! **Your heart will thank you!**

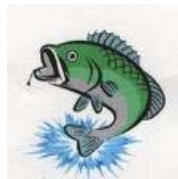
### September 17, Friday



#### **Rite for Tonight 11:00-2:00pm**

September is **National Cholesterol Education Month.** Join Sarada while she prepares a delicious heart healthy meal that will be sure to inspire the chef in you! Education materials and recipe will be provided☺

### September 19, Sunday



#### **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 while she prepares a delicious and healthy seafood dish that you can easily prepare at home.





September 21, Tuesday



**Healthy Eating Store Tour 4:30-6:30pm**

Participants from Midway Youth Center will partake in a healthy supermarket tour and learn the basics of eating well. Members will also prepare and enjoy **“Pyramid Salsa”** to reinforce class lesson.

September 22, Wednesday



**Operation Frontline- 5:30PM-7:30PM**

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Week 5: “Shopping Smart”

- Snack chat: “Shopping Wisely”
- Nutrition Activities *i.e. Supermarket scavenger hunt*
- Cooking with Safety in Mind *i.e. proper food storage*

September 26, Sunday



**Rite for Tonight 11:00am-2:00pm**

The start of the school year is right around the corner. Join **Sarada** while she prepares a delicious meal that will be a quick and healthy option for your family and won’t break the bank 😊

August 24, Tuesday



**“Ask the Expert” 12:00-3:00pm**

Come visit with **Sarada**, and pharmacist **Kate Bibbo R.PhD** and learn more about healthy aging, Organic Harvest, food safety, and our new Flu Clinic, which is open on October 2<sup>nd</sup> to receive your flu shot. We are also available to answer other questions related to nutrition and medication. Hope to see you there!





September 29, Wednesday



### Operation Frontline- 5:30PM-7:30PM

Live Right with ShopRite is partnering with **Queens Galley**, Kingston's community food pantry/soup kitchen, to teach pregnant teens from the **YWCA** about healthy eating, balance, variety and moderation through hands on cooking. We will be using "**Step Up To Eating Right**" a 6 week nutrition program provided by Share Our Strengths "Operation Frontline". **Sarada** and **Diane Reeder** (Director of Queens Galley) will be teaching this program in the Kingston ShopRite so come on down and observe this in-store hands on exciting class and sign up for the next one beginning in October.

#### Week 6: "Let's Celebrate"

- Snack chat- Importance of physical activity and review of what's been learned
- Nutrition Activities *i.e. Untie the Knot*
- Cooking with Safety in mind *i.e. review food safety and cooking concepts learned in class*

**FREE private and group counseling available with Sarada call for appointment!  
(845) 649-5932**

**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**

