



Little Falls ShopRite

LIVE RIGHT WITH SHOPRITE

CALENDAR OF EVENTS

FEBRUARY 2012

Laura Becker, MS, RD
 For more information, call 973-256-0909 x 248
 or email laura.becker@wakefern.com

Do you have nutrition questions, need menu ideas or just want tips to help you or your family eat better? Be sure to visit Laura and she will be more than happy to assist you. She is your very own Registered Dietitian, offering free nutrition seminars, store tours, demos, menu planning, group and private nutrition counseling & more.

During February, come to the store every Tuesday (starting at 1 pm) to pick up the week's Right for Tonight™ Recipe!

Wednesday, February 1

Clifton Seniors Group (offsite – private seminar)

It's still not too late to make healthy changes for 2012! Laura will present key ways to help manage weight at an out-of-store seminar. If you want Laura to provide nutrition education for your local community group, call or email her today!

Friday, February 3

Pre-register!

Woodland Park Library: 12:30 (offsite – open to public)

Laura will lead a free seminar on reading nutrition labels and offer tips on choosing snacks that are both tasty and nutritious. Light refreshments will be served. Please call the library at 973-345-8120 to register.

Monday, February 6

Vegetable of the Month Demo: 2-4 pm

Stop by the dietitian's table to try a sample of this month's featured vegetable and learn about its nutritional benefits!



Thursday, February 9

Preschool Nutrition Class (offsite – private seminar)

Laura will visit a local preschool and teach students about healthy food habits. If you are interested in having Laura come to your local school, please contact her!

Tuesday, February 14

Blood Pressure Screening: 4-8 pm

It's American Heart Month! Stop by the store to get a **free** blood pressure reading! Laura will also be available to discuss heart healthy ways to eat and help you with your nutrition questions.

Wednesday, February 15

Four Seasons at Great Notch (offsite – private seminar)

Laura will talk about “MyPlate” and highlight its simple approaches to healthful eating. Are you interested in learning more about MyPlate? Contact Laura today and set up an appointment for a free nutrition consult!

Thursday, February 16

Little Falls Public Library: 10:30 am (offsite – open to public)

Laura will lead a seminar on reading food labels and debunking common nutrition myths at the Little Falls Public Library. Light refreshments will be served. This seminar is open to the public and pre-registration is *not* required.

Friday, February 17

Dietitian's Pick Demo: 1-3 pm

Come to the dietitian's table to try a sample of this week's dietitian's pick and learn how it can be included in a balanced diet!

Monday, February 20

Pre-register!

Heart Healthy Walking Seminar: 6 pm

Are you interested in making heart healthier food choices? Join Laura in the store for a walking seminar where she will highlight key aspects of heart healthy eating. Pre-registration is needed – please call Laura at 973-256-0909 x 248 or email her at laura.becker@wakefern.com to register!

Wednesday, February 22

Passaic County Food Policy Council Meeting (offsite)

As a member of the Food Policy Council (FPC), Laura will attend this meeting which is part of United Way's Hunger-Free Communities (HFC) program. Are you concerned about hunger and food security in Passaic County? Visit www.unitedwaypassaic.org/hungerfree for more information.





Thursday, February 23

Fruit of the Month Demo: 1-3 pm

Laura will have samples of and nutrition information about the featured fruit – stop by the dietitian’s table for a taste!

Saturday, February 25

Live Right with ShopRite Kids Day: 11 am – 2 pm

Look for the balloons to find Laura at the dietitian’s table. Every hour (at 11:30, 12:30, and 1:30), Laura will lead parents and kids on a 15 minute store tour highlighting ways to make healthier choices! Pre-registration is not required, but children must be accompanied by an adult.

Wednesday, February 29

Where’s the Food? Hunger-Free Communities Report (offsite)

Laura will attend the report launch as a member of the FPC. Are you interested in attending this event? It’s free and open to the public – register at www.unitedwaypassaic.org/hungerfree.

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

Be sure to check the Health and Wellness section and Dietitian’s Corner each month at www.ShopRite.com for upcoming events and healthy living articles.

Healthy living made easier at Little Falls ShopRite

