



ShopRite of Manchester

Live Right with ShopRite

CALENDAR OF EVENTS

February 2011

Jennifer Klein, M.S., R.D.

American Heart Month!



Do you have nutrition questions, need healthy menu ideas, or want tips for helping your family live a healthier lifestyle? Jennifer is here to help you meet all of your health and wellness goals.

To contact Jennifer with questions, or to schedule a FREE event or counseling session call (732) 341-0700 ext.57 or e-mail jenn.klein@wakefern.com

Thursday, February 2: Manchester Library Cooking Demo “Heart Healthy Cooking” 2:00pm-4:00pm
Jennifer will be at the Manchester library demonstrating how to choose and prepare meals that support heart health. Call the Ocean County Library at (732) 657-7600 to register.

Friday, February 3: Super Bowl, Super Snacks! 10:00am-3:00pm
Get ready for the big game this weekend and join





Jennifer for a demonstration and sampling of healthier Super Bowl snacks.

Wednesday, February 8: FREE BLOOD PRESSURE SCREENING! 10:00am-2:00pm

Have your blood pressure tested for **FREE** and learn healthy habits for a healthy heart. Also, be sure to enter our raffle for a basket full of heart healthy foods!

Thursday, February 9: What's New in the Dietitian's Corner? 10:00am-2:00pm

Stop by the Dietitian's Corner and sample some of the store's healthy new products!

Friday, February 10: Right for Tonight Cooking Demo 11:00-3:00

Come by to sample one of Jennifer's healthy and delicious Right for Tonight Recipes!

Saturday, February 11: Heart Healthy Eating 101 10:00am-3:00pm

Join Jennifer to learn the diet and exercise basics for a healthy heart. Sample treats & enter our raffle!

Monday, February 13: Good Fat vs. Bad Fat Facts 10:00am-2:00pm

Did you know that certain fats are good for your health? Visit the dietitian's corner today to find out the facts about good vs. bad fats.

Tuesday, February 14: Happy Valentine's Day! 10:00am-2:00pm

Stop by the dietitian's corner to sample a sweet & healthy treat and find out how dark chocolate can be good for your heart.

Thursday, February 16: Manchester Library Cooking Demo "Healthy Cooking for Diabetes" 2:00pm-4:00pm

Jennifer will be at the Manchester library demonstrating how to choose and prepare meals





for any diabetic meal plan. Call the Ocean County Library at (732) 657-7600 to register.

Tuesday, February 21: Manchester Library Cooking Demo “30 Minute Meals” 2:00pm-4:00pm
Jennifer will be at the Manchester library demonstrating quick and healthy meals! Call the Ocean County Library at (732) 657-7600 to register.

Wednesday, February 22: Jackson Library Cooking Demo “Healthy Cooking on a Budget” 2:00pm-4:00pm
Jennifer will be at the Jackson library demonstrating how to choose and prepare meals on a budget. Call the Ocean County Library at (732) 657-7600 to register.

Thursday, February 23: Lacey Recreation “The Truth About Organics” 7:00pm-8:00pm
Join Jennifer and Aimee is the ShopRite of Lacey for a FREE discussion on organic foods. Call Lacey Recreation at (609) 693-1100 for to register.

Saturday, February 25: Kids Day!!! 11:00am-3:00pm
Calling all Kids! Join Jennifer for an activity and a healthy snack at this fun Saturday Event!

Monday, February 27th: Shaking the Salt Habit 1:00pm-6:00pm
Come to the dietitian’s corner to learn how to make low sodium eating easy!

Thursday, February 29th: Jackson Library Cooking Demo “30 Minute Meals” 2:00pm-4:00pm
Jennifer will be at the Jackson library demonstrating quick and healthy meals! Call the Ocean County Library at (732) 657-7600 to register.

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.

