



# ShopRite of Medford LIVE RIGHT CALENDAR OF EVENTS MARCH 2010

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For More Information, call 609-953-7700



Do you have nutrition questions, need menu ideas, or just want tips for helping the family eat better? Perhaps you have questions about medications you are taking or about vitamins and supplements? Meghan and Lisa are here to help you meet your health and wellness goals. Ask for Lisa at the Pharmacy and Meghan at the courtesy counter and we would be more than happy to help you.

**Stop by Meghan’s office, located next to the pharmacy or call her at 609-953-7700 Ext 7.**

## March 1, Monday



**National Nutrition Month® March 2010**  
American Dietetic Association

### National Nutrition Month Poster Contest March 1<sup>st</sup> – March 31<sup>st</sup>

Enter our Guess the Fruits and Veggies Contest from this logo:

- Pick up our contest form at Customer Service
- Take your guess at all 59 fruits, vegetables, and grains
- Visit our Produce Section for a large display and an up-close look at the poster!
- Submit your completed form to Customer Service by Wednesday, March 31<sup>st</sup>

### We’ll announce the winners on Friday April 2<sup>nd</sup>

Winners are chosen at random.

**First Place Prize:** All 59 or the most correct Fruits, Veggies and Grains  
*\$100 ShopRite Gift Card*

**Second Place Prize:** 50 correct Fruits, Veggies and Grains  
*\$50 ShopRite Gift Card*

**Third Place Prize:** 40 Correct Fruits, Veggies and Grains  
*\$25 ShopRite Gift Card*

**For Children 10 and Under:** 5 Grand Prizes: 30 correct Fruits, Veggies, and Grains *\$10 ShopRite Gift Card*





**March 4, Thursday**

**Girl Scout Troop 21789 Supermarket Adventure 3:45**

Local girl scouts will learn about the **MyPyramid** food groups in a store-wide scavenger hunt adventure. They will earn their Health and Wellness badge.

**March 6, Saturday**

**Blood Pressure Screening 10-2pm**

Come learn about Smart Steps towards a Healthy Heart. Free blood pressure screenings and heart healthy literature will be provided.

**March 10, Wednesday**

**Top Chef! Burlington County Institute of Technology 7:00pm**

Local kids compete for a spot as Top Chef of Burlington County! Meghan will be there to judge their dishes on nutrition content, taste, and presentation!

**March 11, Thursday**

**Snack Attack! 4-6's 10:30am, 7-12's 4:00pm**

Meghan will be reading a children's story book and making a healthy snack featuring food from the book!

**March 22, Saturday**

**Wholesome Choices Sampling 11am-2pm ShopRite of Medford**



nutritious? No problem! Come approved "better-for-you" Medford. They include dips, side and soups. Their nutrition Choices brochure.

Need something that's fast, delicious, *and* sample our Wholesome Choices, dietitian options, made fresh daily here at ShopRite of dishes, salads, entrees, sandwich combos, snacks, information is available to you in our Wholesome

receive a free gift. So, don't be

The first 100 customers to make a purchase will late!

**March 16-18, Thursday**

**Nutrition from the Ground Up! 11-1pm**

In honor of National Nutrition Month Meghan will be sampling new ways to eat your veggies! Stop by our Produce section to sample her creations and get recipes!





**March 22, Monday**

**A Meatless Monday! Cooking Class 5:30pm**

Learn how to help our Earth and your waistline at the same time by choosing one vegetarian meal a week. Learn great recipes, cooking tips, and more when going *meatless!* This fee for this class is \$10, please sign up at our Customer Service Desk.

