



ShopRite of Medford
LIVE RIGHT CALENDAR OF EVENTS
NOVEMBER 2009

Meghan Modica, R.D.
 Lisa Kress, R.Ph. Pharmacist
 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.

- November 9, Monday** **Snack Attack! ShopRite of Medford Scrunchy’s Playhouse 4-6’s 4:30pm**
 Meghan will be reading Turkey Trouble by Wendy Silvano. Turkey roll ups will be made for a fun healthy snack.

- November 10, Tuesday** **Parents Health Ministry 10:00am**
 Meghan will be presenting on childhood nutrition and tips for healthy eating. She will be discussing ShopRite of Medford’s efforts to combat hunger.

- November 12, Thursday** **Snack Attack! ShopRite of Medford Scrunchy’s Playhouse 7-12’s 4:30pm**
 Meghan will be reading How Many Seeds In a Pumpkin. Pumpkin pudding will be made as the fun healthy snack.





November 16, Monday

Snack Attack! Medford Library 4-6's 10:30pm

Meghan will be reading Turkey Trouble by Wendy Silvano. Turkey roll ups will be made for a fun healthy snack.

November 17, Tuesday

Lumberton Township Schools

Meghan will be teaching 2nd and 3rd grades the importance of good nutrition. Portion sizes and MyPyramid will be on the agenda as well as a special fruit tasting.

November 17, Tuesday

Snack Attack! Medford Library 7-12's's 4pm

Meghan will be reading How Many Seeds in a Pumpkin. She will prepare pumpkin pudding as a delicious healthy snack!

Each Week Here at ShopRite of Medford...

Meghan will be offering samples of our new **Zallie's Healthy Picks** - Dietitian approved dishes from our prepared foods department. She'll be showing you how a Zallie's Healthy Pick can fit into a simple weeknight dinner offering you convenience, flavor, and loads of nutrition!

