



ShopRite of Medford
LIVE RIGHT CALENDAR OF EVENTS
SEPTEMBER 2010

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.

September 11, Saturday

Taste of Medford! 11:00am Freedom Park, Medford
 ShopRite of Medford will be sampling their Mexican and Spanish inspired catering dishes this year at Taste of Medford. Stop by our tent for a delicious sample, fun raffles and to see me, your ShopRite Dietitian! Learn about our dietitian approved Wholesome Choices offerings and more!

September 13, Monday

Snack Attack! Medford Library 4-6’s 10:30 am
 Back to School! This month Meghan will be preparing a delicious back-to-school snack with story time. Sign up soon, space is limited.
Medford Pinelands Library 609-654-6113





September 14, Tuesday

Snack Attack! Medford Library 7-12's 4:00 pm

Back to School! This month Meghan will be preparing a delicious back-to-school snack with story time. Sign up soon, space is limited.

Medford Pinelands Library 609-654-6113

September 15, 16, 17

Wed, Thurs, Fri

Whole Grains Month at ShopRite of Medford!

Did you know that September is Whole Grains Month? Celebrate by trying one of our delicious whole grain salads in our prepared foods department. We'll be featuring 3 Wholesome Choice salads for you to try:

Quinoa and Black Beans – a good source of fiber!

Wild Rice and Mushroom Salad – a good source of fiber!

Wheatberry Salad – brand new, try a sample!

Wild Rice and Orange Salad – a good source of fiber!

September 21, Tuesday

Cholesterol Screening! ShopRite of Medford 10:00-2:00pm

Know your numbers! Stop by for a free cholesterol screening and a delicious sampling of heart healthy foods with Meghan and Lisa, your ShopRite of Medford health and wellness team!

September 23, Thursday

After School Cooking Class! 4:30pm ShopRite of Medford

Sign up for this fun, hands-on cooking class taught by Meghan. This month we'll be making back-to-school lunches with a twist! Feel free to bring you lunch box and thermos with you! This class is just \$10 a child. Space is limited so sign up at customer service today! **609-953-7700.**

On the Menu:

Souper Veggie Soup

Sandwich "Sushi" Wraps

After School Stuffed Apples





September 27, Monday

Feeding a Picky Eater Seminar. Medford Pinelands Library 7:00pm
We've partnered up with the Medford Pinelands Library to bring you monthly health and nutrition seminars! This month we'll be addressing a common mealtime struggle – picky eaters. Learn tips and strategies to keep mealtime's drama free, tummies full and parents very happy! **Sign up for this FREE program at the dietitian's corner or by calling the library at 609-654-6113.**

