



ShopRite of Medford February 2012 LiveRight Events

In-store dietitian, Meghan Locantora

Hours: 8:00-4:30pm meghan.locantora@wakefern.com

* Nights and weekends vary so stop by her office or give her a call at 609-953-7700 x 7

February 2, Thursday

Kids Can Cook! 2:00pm Medford Library

Sign up for this new, exciting program with Miss Meghan! After story-time she'll be teaching an on-hands cooking class at the library. Children will learn about different foods while they prepare different recipes. On this month's menu: Sign up for this program online:

<http://www.bcls.lib.nj.us/calendar.shtml>

February 6, Monday

Kids Can Cook! 2:00pm Medford Library

Sign up for this new, exciting program with Miss Meghan! After story-time she'll be teaching an on-hands cooking class at the library. Children will learn about different foods while they prepare different recipes. On this month's menu: monkey toast!





February 10, Friday

Blood Pressure Screening 10-2pm

Stop by our Pharmacy for a free blood pressure screening and information on heart health from our health and wellness team – Meghan Locantora RD and Lisa Kress R.Ph.

February 14, Thursday

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

Miss Meghan will be teaching a nutrition lesson and making a delicious, healthy snack. Sign up for this program online:

<http://www.bcls.lib.nj.us/calendar.shtml>

February 16, Tuesday

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

Miss Meghan will be reading at story time and making a delicious, healthy snack. Sign up for this program online:

<http://www.bcls.lib.nj.us/calendar.shtml>

February 20, Monday

LiveRight with ShopRite Kids Day 11:00-1:00pm

While the kids are off from school, come stop by ShopRite of Medford for a fun, kid-friendly snack and supermarket activity with Miss Meghan.

February 21, 22, 25

Girl Scout Supermarket Adventure

Local girl scouts will be participating in store tours and scavenger hunts at ShopRite of Medford. They'll learn about reading labels and healthy eating with Miss Meghan.

February 25, Saturday

Heart Healthy Tour 11:00 am

Are you concerned about your heart health? Interested in increasing fiber, lowering sodium, and overall healthy eating? Sign up for this store tour with Meghan and you'll learn how to choose foods that are smart for your heart. Call her today 609-953-7700 Ext. 7

