



**ShopRite of Monroe**  
**LIVE RIGHT CALENDAR OF EVENTS**  
**February 2012**  
**"Heart Health Month"**



**Christine Rauscher, RD**  
**For More Information, Call 845-545-0068**

Do you have nutrition questions, need menu ideas or just want tips to help you or your family to eat better? Be sure to visit Christine in her office, located to the left of the entrance, and she will be more than happy to assist you.

**February 1, Wednesday Tiger Cubs Store Tour~ 6-7 pm**

Local Tiger Cubs will be joining Christine to tour the store, and learn about making healthy food choices.



**February 3, Friday**

**Go Red- Healthy Orange Event~ Time: 6-9pm**

ShopRite will partner up with a local Girl Scout troop and the Orange County Health Department at this healthy heart event.

**February 5, Sunday**



**Blood Pressure Screening~ 4-8 pm**

Your blood pressure levels contribute to heart health, so it's important you know your numbers. Join Christine, your dietitian for a FREE in-store blood pressure screening.

**February 6, Monday**

**Lunch and Learn- AMSCAN~ 12-1 pm**

Christine will presenting a lunch and learn for Amscan. Attendees will learn about nutrition for a healthy heart, while tasting healthy samples.



**February 13, Monday**



**Tasty Eats Cooking Demo~ 2-4 pm**

Stop by the Dietitian's Corner and visit Christine, as she prepares this week's healthy and delicious recipe. Try a sample, learn about preparation and nutritional composition, and take a recipe to recreate at home.

**February 16, Thursday**

**Nutrition in the Kitchen: Meat Cuts and Healthy Preparations Seminar~ 11 am**

Join Christine, your in-store dietitian, for a 15 minute seminar focusing on lean meat cuts and preparation. Take your FREE chance at winning a raffle prize!

**February 18, Saturday**

**Live Right with ShopRite Kids Day: Facts about Fat~ 10:30 am-2:30 pm**



Hey Kids! Come and celebrate kids' day with Christine, your in-store dietitian, and have fun with nutrition. Sample a tasty treat, and pick up helpful handouts, recipes, and coupons. You don't want to miss out on this event!!

**February 23, Thursday**

**Tasty Eats Cooking Demo~ 11am-1 pm**

Stop by the Dietitian's Corner and visit Christine, as she prepares this week's healthy and delicious recipe. Try a sample, learn about preparation and nutritional composition, and take a recipe to recreate at home.

**February 25, Saturday**

**Healthy Heart Silver Award~ 12-3 pm**



Local Girl Scout troops are focusing on heart health to achieve their Silver Award. Christine will be at Pine Tree Elementary teaching scouts from the community about nutrition to maintain a healthy heart.

**February 27, Monday**

**Girl Scouts Store Tour~ 4-5 pm**

Local Girl Scout Troop will be joining Christine to tour the store, and learn how to make healthy food choices.

*\*Please note dates/times and details are subject to change\**



**ShopRite of Monroe provides FREE nutrition services by Christine Rauscher, Registered Dietitian.**

**For more information call 845.545.0068 or stop by the store and talk to Christine**

