



## **ShopRite of Monroe LIVE RIGHT CALENDAR OF EVENTS JULY 2009**

**Laura Ronen, MSRD, CDE  
For More Information, call 845-783-3416**

Do you have nutrition questions, need menu ideas, or just want tips for helping the family eat better? Laura is here to help you meet your health and wellness goals. Ask for Laura at the courtesy counter and we would be more than happy to help you.

**July 1, Wednesday**

**Right for Tonight recipe demo 12-2:00pm**

Come in and try this week's healthy and delicious recipe

**July 2, Thursday**

**Healthy Store Tour 2:30pm**

A group of local teens will get tips on how make better choices at the grocery store. They will also get a lesson in stocking a healthy kitchen.

**July 7, Tuesday**

**Monroe Library 10:30-11:30am**

Laura will be presenting "Cool Treats to Beat the Heat." Pick up some tips on great foods that are easy to make and you will want to keep in the fridge (or freezer) all summer long. Call 783-4411 for more information.

**July 9, Thursday**

**Produce Managers Presentation**

"Health Benefits of Fruits and Vegetables"

**July 10, Friday**

**Right for Tonight recipe demo**

Come and try this week's healthy and delicious recipe.





**July 14, Tuesday**

**Seafood Made Simple 12-2:00pm**

Are you looking for a light and healthy dinner idea? Why not try seafood tonight? Join Laura as she prepares a simple, yet delicious entrée that you can try at home.

**July 16, Thursday**

**Think About Your Drink 1:30-3:30pm**

Hydration is very important, especially in the summer. Check out our information about different beverage choices and see which one best meets your nutritional needs.

**July 17, Friday**

**Right for Tonight recipe demo 11-1:00pm**

Come in and sample this week's healthy and delicious recipe.

**July 21, Tuesday**

**Monroe Library 7:00pm  
Creative Summer Salads**

Join Laura as she demonstrates recipes for delicious whole grain salads. Take home some great ideas for your summer barbecues and picnics. Call 783-4411 for more information.

**July 22, Wednesday**

**Right for Tonight recipe demo 11-1:00pm**

Come in and sample this week's healthy recipe.

**July 24, Friday**

**Live Right with ShopRite Healthy Summer Event 11-1:00pm**

Come taste foods that will keep you cool when it's hot outside. We will be sampling a variety of summer beverages and foods, as well as products that will keep you healthy and safe this summer. First Care Physicians will be offering complimentary blood pressure screenings.

**July 27, Monday**

**Scavenger Hunt for Kids 10-10:45am**

Test how well you know the food pyramid with this fun self-directed scavenger hunt. Learn more about nutrition while having fun. Sign up at the Courtesy desk or call 783-3416.

**July 30, Thursday**

**Right for Tonight recipe demo 12-2:00pm**

Come in and try this week's healthy and delicious recipe.

**Check the Live Right section of the ShopRite website each month for events, demo's and our Health and Wellness Program  
Eating Healthy has Become Easier at ShopRite of Monroe.**

