



ShopRite of Monroe LIVE RIGHT CALENDAR OF EVENTS MARCH 2010

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For More Information, call 845-783-3416**

To celebrate March as National Nutrition Month, we will be highlighting foods and products in each of our departments to help you, our ShopRite shoppers, in making the best nutritional choices for you and your family.

Great nutritional choices are available in all of our departments everyday at ShopRite – Produce, Seafood, Grocery, Health and Beauty, Deli, Bakery, Meat, Dairy and Frozen!

Join us for information, health screenings, samplings of healthy recipes and products that you can find everyday in our stores. Be sure to see our Laura if you have nutrition questions, need menu ideas or just want tips to help your family eat better.

March 1, Monday

Free Blood Pressure Screening 10-2:00pm

Get your blood pressure checked and learn more about what makes a heart healthy diet. Take a healthy store tour, get recipes and sample heart healthy foods in each of our departments.

March 2, Tuesday

A Rainbow of Color 11:00-1:00pm

Did you know that most of us don't eat the recommended servings of fruits and vegetables? Learn what equals a serving, how to get more fruits and veggies in your diet, while sampling the best of the season in our produce department.

March 3, Wednesday

ShopRite of Chester Blood Pressure Screening 10:00-2:00pm

Chester Plaza, 78 Brookside Ave

Free blood pressure screening with heart healthy recipes, healthy store tour





March 5, Friday

Seafood Made Simple 11:00-2:00pm

The American Heart Association recommends eating two servings of fish per week for optimum heart health. Join Laura as she prepares a delicious and healthy seafood dish that you can easily prepare at home.

March 5,12,19, Friday

LiveRight Choose to Lose Associate Challenge 4:30pm

A weekly nutrition and exercise workshop offered to help ShopRite's associates make lifestyle and dietary changes with BIG results.

March 6, Saturday

Food Pantry 10:00-12:00pm

Monroe Presbyterian Church, 142 Stage Road.

Laura will be providing tips and recipes on how to prepare healthy meals on a budget.

March 9, Tuesday

Body Fat Analysis and BMI 10-12:00pm

Find out whether you are in the healthy range for body fat with this simple test. Get tips on how to reduce fat and calories from meals and snacks.

March 10, Wednesday

LiveRight Recipe Demo 11:00-1:00pm

Join Laura for samples, tips and recipes for lean and healthy meat dishes.

March 11, Thursday

The Whole (Grain) Story

Join Laura in the LiveRight section to learn more about why whole grains are important for your health. Get tips on how to fit more whole grains into your diet and sample some delicious whole grain products.

March 12, Friday

Facts about Flax 12:00-2:00pm

Join Laura and learn more about how this nutritious seed (and its oil) can improve your diet.

March



13, Saturday



American Heart Association Heart Walk 8:00-12:00pm

Cheer on the ShopRite team as we walk to raise money to fight heart disease.

March 17, Wednesday

Healthy St. Patrick's Day. 11:00-1:00pm

Join Laura as she prepares delicious sautéed cabbage.

March 18, Thursday

Are you a victim of portion distortion? 10:00-1:00pm

Visit Laura and take this interesting and eye opening quiz. Learn more about the recommended serving sizes for the different food groups.

March 19, Friday

Ask More of Your Bread 11:00-1:00pm

Choosing the right bread can help you build a tastier and healthier sandwich. Learn what to look for on the label and sample a variety of delicious and healthy examples.

March 22, Monday

3 a Day Dairy 10:00am-12:00pm

Visit Laura and learn more about why dairy foods are so important to our health and how to get more into your diet. Sample Greek yogurt and learn how to use it to lower the fat in your favorite dip.

March 25, Thursday

Healthy Frozen Foods 11:00-2:00pm

Frozen foods are convenient, and they can help us stick to a healthy eating plan. Visit Laura by the frozen section and sample different examples of healthy frozen fare.

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.



