



ShopRite of New Rochelle LIVE RIGHT CALENDAR OF EVENTS MARCH 2010

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For More Information, call 914-740-9770

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 Jeanne if you have nutrition questions, need menu ideas or just want tips to help your family eat better.

March 1, Monday

The Mediterranean Diet: Tip-off

Learn about the Mediterranean Diet Pyramid
“A Contemporary Approach to
Delicious Healthy Eating”



March 4,11,18,25 (Thursdays)

Dietary Supplements/Health and Beauty Care Demos

Now you'll know your ABC's about whole
body care – Nutritional health from the inside
and out

Jeanne will give you simple answers for your difficult questions

March 5, 12, 26 (Fridays)

Seafood Made Simple – Demos-11am-2pm

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



March 11, Thursday

Body Fat Analysis and BMI 2pm-5pm

Find out whether you are in the healthy range for body fat with this simple test. Learn about the good and bad fats in foods

March 15-19

New Rochelle Schools Celebrate “No Junk Food Week”

Shop Rite will be an active participant and providing healthy food donations, education material and nutritional tips to teacher’s parents and children at local health fairs and events in the schools throughout this week.

March 16, Tuesday

Think “Green 11am-2pm

Know the power of green foods. Join Jeanne for helpful nutritional information to help you digest, detox and purify

March 17, Wednesday

Albert Leonard Middle School PTA Presents...

Grown-Ups Night Out and Fundraiser

“A Taste of Downtown New Rochelle”

Invites Jeanne to meet and greet the parents, local vendors and town officials of New Rochelle for an exciting night of food, fun, education and networking.

March 20, Saturday

LiveRight Recipe - Demo –11am-2pm

Join Jeanne for samples, tips and recipes for lean and healthy meats dishes.

March 23, Tuesday

The Whole (Grain) Story – 12noon-2pm

Join Jeanne at the bakery 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 24, Wednesday

New Rochelle Police Department – Explorer Program

Invites Jeanne to teach basic nutrition and health eating to teenagers interested in pursuing a career in law enforcement.

March 28, Sunday

Healthy Frozen Foods 11am-1pm

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



March 30, Tuesday

3 - A Day Dairy- 11am-1pm

Visit Jeanne and learn more about why dairy foods are important in our daily diets. Sample yogurt and learn about Probiotics (“good bacteria”) for digestive health and lower fat options when selecting dairy products.

March 31, Wednesday

Sweets and Others –In Moderation

Visit Shop Rite’s “Yummy” Bakery and Wine Section For Life’s Healthy Pleasures...

DIETITIAN “IN” ON THE CALENDAR MEANS....IN-DIVIDUAL COUNSELING - COMPLIMENTARY

**Stop by any time for a quick consult
or**

Make an appointment for a detailed discussion about your food and nutritional needs

Available Monday thru Sunday on specified dates

Monday, March 15

Tuesday, March 2

Wednesday, March 3

Thursday, March 25

Friday, March 12

Saturday, March 20

Sunday, March 28

**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 New Rochelle.**

*Dates and times subject to change

