



ShopRite of Parsippany & West Caldwell Dietitian's Calendar of Events – March 2010

March is National Nutrition Month®

Tuesday, March 2



Hilldale Elementary School, Pine Brook

Reach For a Peach, A School Nutrition Program

Third grade students at Hilldale Elementary School in Pine Brook will be participating in our *Reach for a Peach –A School Nutrition Program*. This three part series workshop will focus on healthy meal planning, energy balance and reading the food label.

Location: Hilldale School

Time: 10:45 AM & 12:35 PM – Lesson 2

Presenter: Tara Domzalski, RD

Wednesday, March 3

Gould Elementary School, North Caldwell

Reach For a Peach, A School Nutrition Program

Tara will revisit the 5th grade students she taught last year for a fun nutrition review, plus more!

Location: Gould School

Presenter: Tara Domzalski, RD

Celebrate National Nutrition Month with Evelyn & our Seafood Department – tastings, recipes, and nutrition education.

Location: ShopRite of Parsippany

Time: 11 AM to 2 PM

Presenter: Evelyn Minolfo

Thursday, March 4

Celebrate National Nutrition Month with Evelyn & our Seafood Department – tastings, recipes, and nutrition education.

Location: ShopRite of West Caldwell

Time: 11 AM to 2 PM

Presenter: Evelyn Minolfo





Friday, March 5

Hilldale Elementary School, Pine Brook
Reach For a Peach, A School Nutrition Program – 3rd grade
Location: Hilldale School
Time: 9:15 AM – Lesson 2
Presenter: Tara Domzalski, RD

Blood Pressure Screening & Diabetes Screening
Morristown Memorial Hospital
Location: ShopRite of Parsippany
Time: 12 PM to 3 PM

Monday, March 8

Monthly Dietitian Meeting
Tara & Evelyn will be attending the monthly dietitian meeting at Wakefern.

Tuesday, March 9

Hilldale Elementary School, Pine Brook
Reach For a Peach, A School Nutrition Program – 3rd grade
Location: Hilldale School
Time: 10:45 AM & 12:35 PM – Lesson 3
Presenter: Tara Domzalski, RD

Wednesday, March 10

Gould School, North Caldwell
Reach For a Peach, A School Nutrition Program
Tara will revisit the 5th grade students she taught last year for fun nutrition review, plus more!
Location: Gould School
Presenter: Tara Domzalski, RD

Healthy St. Patty's Dishes
Put a healthy spin on an old tradition – Taste & Learn
Location: ShopRite of Parsippany
Time: 11 AM to 2 PM
Presenter: Evelyn Minolfo

Thursday, March 11

Healthy St. Patty's Dishes
Put a healthy spin on an old tradition – Taste & Learn
Location: ShopRite of West Caldwell
Time: 11 AM to 2 PM
Presenter: Evelyn Minolfo





Friday, March 12

Hilldale Elementary School, Pine Brook
Reach For a Peach, A School Nutrition Program – 3rd grade
Location: Hilldale School
Time: 9:15 AM – Lesson 3
Presenter: Tara Domzalski, RD

Monday, March 15

Getting to Know Organic Produce – Taste & Learn
Location: ShopRite of Parsippany
Time: 11 AM to 2 PM
Presenter: Evelyn Minolfo

Tuesday, March 16

University of Shizuoka Visit
Dietetic students from the University of Shizuoka in Japan will be visiting the ShopRite of Parsippany. This visit is a collaboration with ShopRite and the University of Medicine and Dentistry.
Location: ShopRite of Parsippany
Time: 10 AM
Presenter: Tara Domzalski, RD

Cub Scouts Supermarket Adventure

Tara will be taking the Cub Scouts on a fun food adventure and food tasting to help them earn their nutrition badge.
Location: ShopRite of West Caldwell
Time: 3:30 PM
Presenter: Tara Domzalski, RD

Thursday, March 18

Essex County Vo-Tech Supermarket Adventure
Evelyn will be hosting an exciting and educational nutrition and food adventure for students from Essex County Vo-Tech in West Caldwell.
Location: ShopRite of Parsippany
Time: 10 AM
Presenter: Evelyn Minolfo

Friday, March 19

Washington School – Daisy Nutrition Program
Tara will be teaching the Daisies at Washington School in West Caldwell healthy snacking and nutrition tips to keep them feeling good.
Location: Washington School
Time: 3:30 PM
Presenter: Tara Domzalski, RD





Monday, March 22

Getting to Know Organic Produce – Taste & Learn

Location: ShopRite of West Caldwell

Time: 11 AM to 2 PM

Presenter: Evelyn Minolfo

Tuesday, March 23

Our Lady of Mercy Academy, Whippany

Reach For a Peach, A School Nutrition Program

Location: Our Lady of Mercy Academy

Time: 9:30 AM

Presenter: Tara Domzalski, RD

Wednesday, March 24

Jefferson Elementary School, West Caldwell

Reach For a Peach, A School Nutrition Program

Location: Jefferson Elementary School

Time: 10:30 AM

Presenter: Tara Domzalski, RD

Wednesday, March 31

Jefferson Elementary School, West Caldwell

Reach For a Peach, A School Nutrition Program

Location: Jefferson Elementary School

Time: 10:30 AM

Presenter: Tara Domzalski, RD

Please feel free to call Tara & Evelyn for program questions or to plan an event in your community. Our office is located at the ShopRite of Parsippany.

(973) 335-2625 ext. 223 or Email: tara.domzalski@wakefern.com or evelyn.minolfo@wakefern.com

