

ShopRite of Parsippany & West Caldwell Dietitian's Calendar of Events for November



Tuesday, November 3

Healthy Holiday Eating - Parsippany Troy Hills Library

Enjoy all your holiday favorites this season without adding on the extra pounds! Learn healthy holiday tips to keep you and your family lean and healthy.

- Behavior modification
- Smart indulgence
- Sticking to your exercise plan
- Understanding serving
- Recipe makeover

Time: 7 pm to 8 pm

Location: Parsippany Troy Hills Library

Presenter: Tara Domzalski, RD

Wednesday, November 4

Bee Meadow Elementary School Field Trip

Students from Bee Elementary School in Whippany will join our dietitian Evelyn as she takes them on a healthy supermarket adventure through the ShopRite of Parsippany. The children will enjoy healthy food tastings and lunch.

Time: 10:30 am to 11:30 am

Location: ShopRite of Parsippany

Central Middle School, Parsippany Food & Nutrition Club

Tara will be joining the Food & Nutrition Club members during their monthly meeting to discuss healthy food habits. You never know, we may even have some future dietitians in our area.

Time: 2:30 pm to 3:30 pm

Location: Central Middle School, Parsippany

Blood Pressure Screening Mountainside Hospital

Time: 9 am to 11:30 am

Location: ShopRite of West Caldwell





Thursday, November 5

Ask the Dietitian – ShopRite of West Caldwell

Visit Evelyn at the ShopRite of West Caldwell if you have a nutrition question or need healthy advice to improve your dietary habits.

Time: 9:30 am to 11:30 am

Friday, November 6

**Blood Pressure & Diabetes Screening
Morristown Memorial Hospital**

Time: 12 noon to 3 pm

Location: ShopRite of Parsippany

Monday, November 9

Learning to Live with Diabetes - Education Table

November is American Diabetes Month. Discover simple changes that will have a positive influence on your lifestyle. See how fun and delicious healthy living can be.

Time: 10 am to 2 pm

Location: ShopRite of Parsippany

Tuesday, November 10

Gould School, North Caldwell

4th grade students at Gould School in North Caldwell will be completing their nutrition series taught by Tara Domzalski.

This healthy and interactive program focuses on topics like healthy basics to live by, how to read the food label, and dining out healthy.

Time: 8:50 am, 9:35 am, and 11:05

Location: Gould School, North Caldwell

Wednesday, November 11

Monthly Dietitian Meeting

This monthly meeting allows all the ShopRite Dietitians to get together and plan fun activities for the store and community.

Time: 9:30 am to 12:30 pm

Location: Wakefern

Kids Fun Food Adventure

The Brownie Troop from Grandview School in West Caldwell will be visiting the store for a fun supermarket adventure. Yummy and healthy food tastings will be provided along with tips on eating for a healthy heart.

Time: 3:30 pm

Location: ShopRite of West Caldwell





Thursday, November 12

Kids Cooking Class – Pumpkin Party!

Kids love to cook and what better place to do it than ShopRite! Our dietitian Evelyn will be teaching a cooking class to the Girl Scouts and the theme is pumpkins! Yummy, delicious and nutritious everyone will leave with a full belly!

Time: 4 pm to 5:30 pm

Location: ShopRite of Parsippany

Monday, November 16

Learning to Live with Diabetes - Education Table

November is American Diabetes Month. Discover simple changes that will have a positive influence on your lifestyle. See how fun and delicious healthy living can be.

Time: 10 am to 2 pm

Location: ShopRite of West Caldwell

Tuesday, November 17

Gould School, North Caldwell

4th grade students at Gould School in North Caldwell will be completing their nutrition series taught by Tara Domzalski.

This healthy and interactive program focuses on topics like healthy basics to live by, how to read the food label, and dining out healthy.

Time: 11:50 am and 2:20 pm

Location: Gould School, North Caldwell

Wednesday, November 18

Free Diabetes Education Class

Sponsored by Roche Diagnostics, the maker of ACCU-CHEK® products and ShopRite

Managing diabetes does not have to be a challenge – learn what foods directly impact your blood sugars and how much you should be eating at a meal to obtain a healthy blood sugar rise.

Time: 1 pm to 2 pm

Location: ShopRite of Parsippany

Presenter: Tara Domzalski, RD

Seating limited to 20 people.

Please call 866.273.5461 to register or call Tara Domzalski at ShopRite of further details. Tara can be reached at 973.335.2625 ext. 223.

Participants will receive a free glucose meter from Roche.





Thursday, November 19

Ask the Dietitian – ShopRite of West Caldwell

Get your nutrition questions answered right while you shop! Evelyn will be available for questions and consultation at the ShopRite of West Caldwell.

Time: 9:30 am to 11:30 pm

Friday, November 20

Avoiding Holiday Weight Gain

Although the average weight gain during the holiday season is only 1 pound, that one pound tends to stay with most of us and add up each year. Participants of this healthy holiday class will learn nutritious and low calorie tips to enjoy great food without the guilt.

Time: 2:30 pm

Location: Parsippany Troy Hills Library

This class is being offered for library employees as part of their health and wellness initiative.

Our Sunrise Team of Dietitians is here to help you and your family live a healthy life. If you are interested in individual nutritional consultation or to inquire about a group program please feel free to call us at 973-335-2625 ext. 223. Or visit our Dietitian's Corner during normal business hours, Monday through Friday, at our main office at the ShopRite of Parsippany.

In Good Health, Tara Domzalski RD & Evelyn Minolfo RDE

