



ShopRite of Parsippany & West Caldwell

Dietitian's Calendar of Events February 2012

Wed.
Feb.
1

Blood Pressure Screening
Provided by Mountainside Hospital
Location: ShopRite of West Caldwell
Time: 9:00 AM to 11:30 AM
No registration is required.

**Central Middle School—
Food & Nutrition Club
Healthy Foods 2012**
Location: Central Middle School
Time: 3:00 PM to 3:45 PM
Presenter: Evelyn Minolfo, RD

**Supermarket Adventure!
Girl Scout Trip**
Location: ShopRite of Parsippany
Time: 4:00 PM to 5:00 PM
Presenter: Tara Domzalski, RD

Fri.
Feb.
3

Blood Pressure Screening
Provided by
Morristown Memorial Hospital
Location: ShopRite of Parsippany
Time: 12 Noon to 3:00 PM
No registration is required.

Tues.
Feb.
7

Blood Pressure Screening
Provided by U.S. Wellness
Location: ShopRite of Parsippany
Time: 4:00 PM to 8:00 PM
No registration is required.

Fri.
Feb.
10

**Reach for a Peach!
Lesson 1: Energy Balance
A School Nutrition Program**
Location: Lincoln Elementary School, Caldwell
Time: 9:00 AM to 10:30 AM
Presenter: Tara Domzalski, RD

Blood Pressure Screening
Provided by U.S. Wellness
Location: ShopRite of West Caldwell
Time: 4:00 PM to 8:00 PM
No registration is required.

Sat.
Feb.
11

**Morristown Memorial
Cardiovascular Health Fair**
Location: Gagnon Cardiovascular Institute
Time: 10:00 AM to 1:00 PM
Presenter: Evelyn Minolfo, RD

Wed.
Feb.
15

**Supermarket Adventure!
Girl Scout Troop 4383**
Location: ShopRite of Parsippany
Time: 3:45 PM to 4:45 PM
Presenter: Tara Domzalski, RD

Fri.
Feb.
17

**Reach for a Peach!
Lesson 2: Food Label
A School Nutrition Program**
Location: Lincoln Elementary School, Caldwell
Time: 9:00 AM to 10:30 AM
Presenter: Tara Domzalski, RD

Wed.
Feb.
22

Live Right Kids' Adventure!
Location: ShopRite of West Caldwell
Time: 4:00 PM to 5:00 PM
Presenter: Tara Domzalski, RD
Join us for an exciting kid focused class and healthy food tasting! Topics will include My Plate Guidelines, label reading and shopping for healthy foods. There is no cost for this program. Call Tara at 973-335-2625 ext. 223

Fri.
Feb.
24

Live Right Kids' Adventure!
Location: ShopRite of Parsippany
Time: 4:00 PM to 5:00 PM
Presenter: Tara Domzalski, RD
Join us for an exciting kid focused class and healthy food tasting! Topics will include My Plate Guidelines, label reading and shopping for healthy foods. There is no cost for this program. Call Tara at 973-335-2625 ext. 223

Tues.
Feb.
28

**Supermarket Adventure
Copeland Middle School**
Location: ShopRite of Parsippany
Time: 12:30 PM to 1:30 PM
Presenter: Tara Domzalski, RD

Fri.
Mar.
2

**Reach for a Peach!
Lesson 3:
Making Healthy Foods Fit
A School Nutrition Program**
Location: Lincoln Elementary School, Caldwell
Time: 9:00 AM to 10:30 AM
Presenter: Tara Domzalski, RD



Feel free to call Tara or Evelyn for additional questions, to plan an event, or to schedule an individual consultation. (973) 335-2625 ext. 223
Email: tara.domzalski@wakefern.com or evelyn.minolfo@wakefern.com

Ask the Dietitian Day!
ShopRite of Parsippany • Every Tuesday from 1 PM to 4 PM