



ShopRite of Scarsdale
LIVE RIGHT CALENDAR OF EVENTS
FEBRUARY 2011



Jessica Lee Altland, RD, CDN
For More Information, call 914-874-2979

Do you have nutrition questions, need menu ideas or just want tips to help you and your family eat better? Be sure to visit Jessica in her office, located in the rear of the Produce department, and she will be more than happy to assist you.

February 1, Wednesday



Cooking Matters for Kids: 2pm-6pm

Jessica Altland, your registered dietitian, is partnering with Cooking Matters and Yonkers Community Action Program to teach children how to cook delicious and nutritious foods they are sure to love! Let's get cooking! If you are interested in a group cooking class or a grocery store tour, call or visit Jessica to sign up!

February 3, Friday

Super Bowl Snack Attack!: 11am-2pm

Need a game time snack? I have the solution. Let's go Giants! This healthy snack will have you cheering your way to a victory!

February 8, Wednesday



Cooking Matters for Kids: 2pm-6pm

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February 10, Friday

Good Eats Cooking Demo: 11am-2pm

Are you bored with the meals you've been making. Are you tired of eating the same thing over and over! Join Jessica, our in-store Registered Dietitian, as she makes the healthy recipe of the week: Live Right Spice Baked Apples!

February 13, Monday

A Special Treat for Your Valentine!: 11am-2pm

Looking for a delicious desert idea for your someone special? Look no further! Come and learn about the benefits of DARK CHOCOLATE! It will complete your special night!



February 15, Wednesday



Palisades Prep, Yonkers Nutrition Day: 7:45am-10:15am

Jessica, our in-store Registered Dietitian, will be partnering with Palisades Prep in Yonkers to teach students the importance of good nutrition and why fast food is harmful to their bodies!

Early College High School, Yonkers Nutrition Day: 12:47pm-2:30pm

Jessica, our in-store Registered Dietitian, will be partnering with Early College High School in Yonkers to teach students the importance of good nutrition and why fast food is harmful to their bodies!

February 16, Thursday

Palisades Prep, Yonkers Nutrition Day: 7:45am-10:15am

Jessica, our in-store Registered Dietitian, will be partnering with Palisades Prep in Yonkers to teach students the importance of good nutrition and why fast food is harmful to their bodies!

Early College High School, Yonkers Nutrition Day: 12:47pm-2:30pm

Jessica, our in-store Registered Dietitian, will be partnering with Early College High School in Yonkers to teach students the importance of good nutrition and why fast food is harmful to their bodies!

February 17, Friday



FREE In-Store Blood Pressure Screening: 10am-2pm

LiveRight with ShopRite is offering a FREE Blood Pressure Screening; come and celebrate American Heart Month with Jessica. Sample a delicious heart healthy sample and your heart will thank you!

Good Eats Cooking Demo: 10am-2pm

Are you bored with the meals you've been making. Are you tired of eating the same thing over and over! Join Jessica, our in-store Registered Dietitian, as she makes the healthy recipe of the week: Live Right Spice Crusted Salmon and Lemon Spinach!

February 21, Tuesday

Produce Pick of the Month: 12pm-2pm

Jessica, our in-store Registered Dietitian, will be sampling the produce pick of the month! Come and learn about a new fruit or vegetable you could add to your diet!

February 23, Thursday

Good Eats Cooking Demo: 11am-2pm

Are you bored with the meals you've been making. Are you tired of eating the same thing over and over! Join Jessica, our in-store Registered Dietitian, as she makes the healthy recipe of the week: Live Right Pepper Garlic Beef Tenderloin!

February 24, Friday

Yonkers Teachers Support Group Train the Trainer: 10:30am-11:30am

Jessica Altland, our in-store Registered Dietitian, will be doing a train the trainer class with the Yonkers teachers at VIVE school. Empowering the teachers with good nutrition habits will help them to teach their students the importance of good nutrition.

February 25, Saturday

Nutrition in the Kitchen Mini Seminar: Meat Cuts and Healthy Preparation!: 12pm-12:15pm

This is the second of many lessons about being nutrition savvy! How better to learn than through food preparation skills! What's a healthy cut of meat, chicken,

fish, pork, etc... are you confused? Not sure what to choose. Join Jessica, as she discusses Lean Meat Preparation!

February 26, Sunday



Live Right Kids Day! Facts about Fat 11am-2pm

Jessica will be giving out information on healthy eating for kids! Join Jessica for a fun filled food activity that will be delicious and nutritious! My Plate Place Mats and Fruit & Veggie Stamps!



February 28th, Tuesday

Good Eats Cooking Demo: 11am-2pm

Are you bored with the meals you've been making. Are you tired of eating the same thing over and over! Join Jessica, our in-store Registered Dietitian, as she makes the healthy recipe of the week: Live Right Orange-Soy Glazed Green Beans!

*Please note event dates/times & details subject to change.

ShopRite of Scarsdale provides FREE nutrition services by a Registered Dietitian

For more information call 914-629-2528

Or

Stop by the store and talk to Jessica

