



ShopRite of Somers Point
Live Right with ShopRite
CALENDAR OF EVENTS
February 2012
American Heart Month



Amanda Fischer, MS, RD
 For More Information, call (609)-653-4830 or email
Amanda.Fischer@wakefern.com

Do you have nutrition questions, need healthy menu ideas, or want tips for helping your family live a healthier lifestyle? Amanda is here to help you meet all of your health and wellness goals. Ask for her at the Courtesy desk or Pharmacy.

Contact Amanda with any questions or to schedule a FREE event or counseling session at (609)-653-4830

Feb. 3rd - Friday



Superbowl Snacks! 3-5pm

Stop by to see what healthier options ShopRite offers for your superbowl party this weekend. We will also be sampling a delicious recipe that you can try yourself.

Feb. 7th – Tuesday



Dr. Praeger's Brand Product Sampling 12-2pm

Amanda will be sampling a heart healthy veggie burger near the frozen aisles. Please stop by and try this heart healthy option for quick lunches and easy dinners. Coupons will also be provided.

Feb. 7th – Tuesday



Community Event 4-5pm: Somers Point Girl Scouts will be coming into the store to learn about healthy snacking and label reading.

Feb. 9th – Thursday



Community Event 5-7:30pm: Amanda will be speaking to Atlantic county school nurses on food allergies, restrictions, and sensitivities.

Feb. 10th – Friday



Community Event 9-11am: Amanda will be hosting students from Mainland high school for a healthy eating store tour and snack demo.



Feb. 10th – Friday



Community Event 1-2pm: Amanda will be speaking to an elementary school class at Miller Elementary school in Egg Harbor Twp. about MyPlate and healthy eating.

Feb 11th - Saturday



Valentine’s Day Dessert Ideas 12-2pm

Who can resist a sweet treat during valentine’s day? Come see Amanda and sample a healthy way to satisfy that sweet craving.

Feb 14th – Tuesday



Heart Healthy Valentine’s Day Meal Idea 3-5pm

Treat your heart to a healthy Valentines day meal. Stop by and try a sample and pick up a copy of the recipe to make tonight.

Feb. 15th – Wednesday



Community Event: 3-4pm: Amanda will be speaking to staff members at Dawes Ave. Elementary School in Somers Point about healthy eating on a budget.

Feb 16th – Thursday



Heart Healthy Snacking 1-3pm

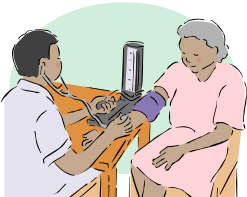
In honor of American heart healthy month stop by and get some snack ideas that will be good for your heart.

Feb. 17th – Friday



Community Event: 1-2pm: Amanda will be speaking to staff members at Miller Elementary School in Egg Harbor Twp. on reading labels and eating healthy on a budget.

Feb 17th – Friday



FREE BLOOD PRESSURE SCREENING 4-8pm

It’s very important to know your numbers! Stop by the ShopRite of Somers point to get your blood pressure checked, and learn about foods that you can eat to help lower it and keep it where it needs to be.

Feb. 21st – Tuesday



Community Event 1-2pm: Amanda will be presenting at an Atlanticare meeting with school administration, teachers, and nurses looking to make healthier environments in Atlantic County Schools.

Feb. 22nd – Wednesday



Community Event 1:45-2:30pm: Amanda will be speaking to the Somers Point/Linwood Senior Citizen’s Organization about low sodium heart healthy eating.



Feb 23rd - Thursday



Kids Can Cook! Cooking Class for Ages 7-10 5pm-6pm

Sign up for this fun, hands-on cooking class for kids ages 7-10 taught by Amanda. This month we'll be preparing a heart healthy recipe sure to be a hit at home. **This event is FREE however registration is required; call (609)-653-4830 to sign up.**

Feb 24th - Friday



Seafood Made Simple 1pm-3pm

The American Heart Association recommends eating two servings of fish per week for optimum heart health. Join Amanda by the seafood department while she prepares a delicious and healthy seafood dish that you can easily prepare at home.

Feb 25th - Saturday



Live Right with ShopRite KIDS DAY! 11am-2pm

Bring the kids down to the ShopRite of Somers Point when you do your grocery shopping this week. Store dietitian, Amanda Fischer will be providing samples, coupons, and activities for all kids!

Feb 27th - Monday



Monthly Diabetes Class – Topic: *Breakfast!* 5-6pm

Managing diabetes can be a stressful and complicated way of life, but it doesn't have to be. Please join Amanda as she supplies breakfast ideas and tips for diabetics. There will also be a delicious sample for you to try. **This event is FREE however registration is required; call (609)-653-4830 to sign up**

Feb. 28th - Tuesday



Community Event 10-10:45am: Amanda will be speaking to a class at Miller Elementary School in Egg Harbor Twp. about MyPlate and healthy eating.

Healthy living made easier at ShopRite of Somers Point

Be sure to check the Health and Wellness section and Dietitian's Corner each month at ShopRite.com for upcoming events and healthy living articles.

