



ShopRite of Commerce Park



LIVE RIGHT EVENTS -FEBRUARY 2012- Jamie Lee McIntyre RD CD-N

Do you have nutrition questions, need healthy recipes, or just want to eat better? Visit the Dietitian's Corner for nutrition facts from an expert- Jamie Lee is a Registered Dietitian, Certified Dietitian-Nutritionist, and member of the American Dietetic Association!

- February 3, Friday** ***Super Bowl Menu Makeover 1-3pm:*** Visit Jamie Lee to learn how to game day menu so you can enjoy the game and stick to healthy intentions!
- February 4, Saturday** ***Right for Tonight Recipe Demo 10am-1pm:*** Chef Richard will join In-store Dietitian, Jamie Lee, to bring you a taste of a delicious and nutritious dish that is quick and easy to do at home. Pick up the recipe!
- February 6, Monday** ***Heart Healthy Grab & Go 2-4pm:*** Fast food may be convenient but it's loaded with fat and sodium, which doesn't make them heart friendly. Learn how quick and easy healthy eating on go can be with Jamie's tips!
- February 10, Friday** ***Go Fish for Heart Health 1-3pm:*** Fish is loaded with Omega fatty acids- the American Heart Association recommends 2 servings per week for heart health. Taste delicious ways to fit fish into your weekly meal plan!
- February 14, Tuesday** ***Chocolate & Your Heart 12-2pm:*** Show your Valentine some love with a dose of antioxidant-rich chocolate! Jamie Lee has got several ways to benefit from this sensational treat!
- February 15, Wednesday** ***Family Centers Nutrition Presentation 2-3pm:*** Jamie Lee will teach the folks at Family Centers Inc. the basics of healthy eating. Call to set up a health event for your organization! 203-604-4788
- February 16, Thursday** ***Taste of Stamford 530-830pm:*** Visit the Grade A ShopRite table at the Stamford Plaza, 2701 Summer St, to taste a sample of our catering menu and to chat with Jamie Lee about upcoming Dietitian Selections!
- February, 17 Friday** ***FREE Blood Pressure Screening 10am-2pm:*** Know your numbers to prevent stroke and heart attack! Chat with a Nurse and our Dietitian, Jamie Lee, about what you can do to prevent heart disease.
- February 20, Monday** ***Good Mood Food 1-3pm:*** Don't get cranky about healthy eating! Know what foods to include to help you look AND feel great too!
- February 25, Saturday** ***LiveRight Kids Day 10am-1pm:*** Parents- stop by for coupons on healthy items and healthy recipes for the family while the kids get a taste of health and engage in a fun nutrition activity!
- February 27, Monday** ***Supplements & Heart Health 2-4pm:*** Fish oil, CoQ10- what works? Make sense of it all with a Registered Dietitian and Pharmacist here to help you!
- February 28, Tuesday** ***Right for Tonight Recipe Demo 12-2pm:*** In-store Dietitian, Jamie Lee will bring you a taste of a delicious and nutritious dish that is quick and easy to do at home. Pick up the recipe to try at home!

Please note dates/times are subject to change.

Dietitian Schedule: February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 Off	30 830-5 Healthy Weighs Edge of Greenwich 1030-1130am	31 9-530 Office Hours Stop in or Call to Schedule Appointment	1 Off	2 9-6 Office Hours Stop in or Call to Schedule Appointment	3 930-530 Superbowl Menu Made Over 1-3pm	4 9-3 Right For Tonight Cooking Demo 10am-1pm
5 Off	6 9-5 Heart Healthy Grab & Go 2-4pm	7 930-530 Office Hours Stop in or Call to Schedule Appointment	8 830-430 Dietitian Meeting 930am-130pn	9 10-6 Office Hours Stop in or Call to Schedule Appointment	10 930-530 Go Fishing for Heart Health 1-3pm	11 Off
12 Off	13 930-530 Office Hours Stop in or Call to Schedule Appointment	14 830-430 Chocolate and Heart Health 12-2pm	15 9-5 Family Centers Nutrition Presentation 2-3pm	16 1230-830 Taste of Stamford 530-830pm	17 9-5 FREE Blood Pressure Screening 10am-2pm	18 Off
19 Off	20 9-5 Good Mood Foods 1-3pm	21 9-530 Office Hours Stop in or Call to Schedule Appointment	22 9-6 Office Hours Stop in or Call to Schedule Appointment	23 830-5 Office Hours Stop in or Call to Schedule Appointment	24 Off	25 9-3 LiveRight Kids Day 10am-1pm
26 Off	27 930-530 Supplements for Heart Health 2-4pm	28 10-6 Right For Tonight Cooking Demo 12am-2pm	29 9-5 Office Hours Stop in or Call to Schedule Appointment	<p>For FREE nutrition services & appointments contact: Jamie Lee McIntyre RD CD-N Grade A ShopRite Dietitian 203-604-4788 Jamie.McIntyre@Wakefern.com 1990 West Main Street, Stamford</p>		