



Erin Peisach, RD, LDN

## ShopRite of Timonium Live Right with ShopRite Calendar of Events: FEBRUARY



For More Information,  
Email: [Erin.Peisach@wakefern.com](mailto:Erin.Peisach@wakefern.com)  
Call: 410-560-7071

Wednesday, 2/01/12

### Employee Biggest Loser Contest: Weigh-in #3, 12-5pm

ShopRite Employees are continuing with the Biggest Loser Contest and working hard to achieve their goals. All weigh-in participants will be entered into a raffle to win exciting prizes!

Friday, 2/03/12

### Boy Scouts Nutrition Program, 7pm

Erin will be visiting Troop 102 at the Towson United Methodist Church to help educate them on healthy eating.

Saturday, 2/04/12

### SUPERBOWL Healthy Game Day Recipes, 12-3pm

Superbowl parties don't have to revolve around junk food to be fun. Stop by ShopRite during this event to pick up healthy recipes to use during your game day party!



Tuesday, 2/07/12

### Recipe of the Week

Stop by the store on your lunch hour to sample a healthy and delicious recipe every Tuesday!

Friday, 2/10/12

### Chocolate for Heart Health, 3-5pm

Just in time for Valentine's Day, learn how cocoa can be a heart healthy addition to your diet. Give your Valentine the gift of heart health!



Saturday, 2/11/12

### Top 10 Heart Healthy Foods, 12-3pm

Want to make a few, easy and healthy for a more heart healthy diet? Come learn the top 10 foods to start eating every day. Pick up recipes and try some delicious and nutritious samples.





**Monday, 2/13/12**

**Employee Biggest Loser Contest: Weigh-in #4, 12-5pm**

ShopRite Employees are continuing with the Biggest Loser Contest and working hard to achieve their goals. All weigh-in participants will be entered into a raffle to win exciting prizes!

**Tuesday, 2/14/12**

**Recipe of the Week**

Stop by the store on your lunch hour to sample a healthy and delicious recipe every Tuesday!

**Wednesday, 2/15/12**

**Blood Pressure Screening, 4-8pm**

February is American Heart Month. Stop by the store between 4 and 8pm to have your blood pressure checked. Learn how lifestyle modifications can help improve your blood pressure reduce your risk for heart disease.



**Friday, 2/17/12**

**Heart Healthy Grocery Store Tour, 5pm and 6pm**

Sign up to attend a heart healthy grocery store tour where you will learn what foods to include in your diet to reduce your risk for heart disease. Space limited to 10 people per tour so reserve your spot today by calling 410-560-7071.



**Monday, 2/20/12**

**Erin's Favorite: Side Dishes, 2-4pm**

Having trouble finding new and healthy recipes to add to your dinner? Erin will be sampling some of her favorite side dishes that will add excitement to any meal. Take home the recipes and prepare them for the whole family!

**Tuesday, 2/21/12**

**Recipe of the Week**

Stop by the store on your lunch hour to sample a healthy and delicious recipe every Tuesday!

**Wednesday, 2/22/12**

**Girl Scouts at ShopRite, 6:30pm**

A Brownie Troop will be coming to ShopRite to take a grocery store tour and learn all about healthy meal and snack ideas.

**Saturday, 2/25/12**

**Live Right for Kids Day! Facts About Fats, 11-2pm**

Bring the whole family for this month's Kids Day! Learn about different types of fats and how to include the healthier ones into your diet. Expect fun kid's activities, great coupons, healthy recipes, and free samples!



**Tuesday, 2/28/12**

**Employee Biggest Loser Contest: Weigh-in #5, 12-5pm**

ShopRite Employees are continuing with the Biggest Loser Contest and working hard to achieve their goals. All weigh-in participants will be entered into a raffle to win exciting prizes!

