



**ShopRite of Uniondale
Live Right Calendar Events
February 2012
“American Heart Month”**



Shauna Del Prete, RD, CDN

For more information, call (516) 486-0517 or email

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Do you have nutrition questions, need menu ideas or want tips to help you and your family eat better? Be sure to visit Shauna, our in-store dietitian, and she will be more than happy to assist you!

Let's Go Giants. Be sure to stop by the Dietitian's Corner to pick up winning recipes for Game Day!

Friday, Feb 3rd

30 Days to Wellness: Meal Planning 2-3 PM

This is the last health session of our 30 Days to Wellness Challenge. Learn all about menu and meal planning.

Thursday, Feb 9th

Little Spoons Valentines Cooking Class 4-5 PM

Make sure to sign up for this month's Valentines Edition cooking class. Space is limited so please RSVP. There is a \$5 fee for this class.

Thursday, Feb 16th

Free Blood Pressure Screening 4-8 PM

Join us for a free Blood Pressure Screening. High Blood Pressure can contribute to heart attack and stroke. See if you need to speak to your doctor about this condition. I will be providing heart healthy nutrition education. **All participants will be entered into a raffle.**

Monday, Feb 21st

Munch and Learn: Get the Facts on Fat 2-3 PM

Join Shauna and Laura, a dietetic student, in learning about the difference between fats and how to incorporate healthier fats into your diet.

Wednesday, Feb 22nd

An Evening of Health: Eat Heart Smart 6-7 PM

Join Shauna for an evening of health. This month we will be discussing the DASH diet and healthy foods to include keeping your ticker ticking strong. *Please pre-register for this event.*

Thursday, Feb 23rd

Little Spoons Cooking Class 4-5 PM

Calling all ShopRite Kids! Join us for our January cooking event. Kids will learn cooking skills, safe food handling, and how to prepare a healthy

meal. There is a \$5 fee for this event. *Please pre-register children for this event, space is limited.*

Saturday, Feb 25th

Kids Day 11-4:00

Come join us for our LiveRight with ShopRite Kids Day Event and learn how you can have fun eating healthy.

Wednesday, Feb 29th

Diabetes 411 6-8 PM

Shauna will be teaming up with the American Diabetes Association and Abbott to help you learn what you need to know to control your blood sugars. Light refreshments will be served and free glucose meters will be provided. *Please RSVP for this event.*

February Cooking Demos	
Tuesday, Feb 7 th	Cooking Heart Smart
Saturday, Feb 11 th 10-12 PM 2-4 PM	Whole Grain Goodness Breakfast Quinoa Wheat Berry Salad
Tuesday, Feb 28 th	Cooking Heart Smart

*Please note event details subject to change.

ShopRite of Uniondale provides **FREE** nutrition Services by a Registered Dietitian

- Free Nutrition Counseling
- Grocery Store Tours
- Community Education Programs
- Product Information and Demonstrations
- Health and Wellness In-Store Events

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