



## ShopRite of Warwick LIVE RIGHT CALENDAR OF EVENTS MARCH 2010

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*To celebrate March as National Nutrition Month we will be highlighting foods and products in each of our departments to help you, our ShopRite Shoppers, in making the best nutritional choices for your family and lifestyle. Join us for information, health screenings, educational information, recipes and sampling of nutritional products that taste great.*

*For your convenience, a detailed agenda will be posted at the Live Right office each week of the featured products.*

**March 1 – 4**

### **Produce Picks and Live Right Organics**

This week come sample nutritious organic snacks and healthy vegetable dishes that are delicious and easy to prepare. Be sure to visit Jan and Chris, our Produce Manager, to help answer any questions you have about ShopRite's wide variety of fresh produce.

**March 6**

### **FREE Blood Pressure Screening 10:00 – 2:00**

Heart disease is the number one cause of death in the U.S. Be informed and know your numbers. This is a walk-in event, no appointment necessary. We will conduct blood pressure checks, share heart health information and sample heart healthy products you can find in each department. Be sure to talk to Jan about any questions or concerns you may have about changes for a healthy lifestyle.

**March 9 – 12**

This week we will feature our Seafood and Meat departments, offering wonderful and nutritious main course meal ideas that are affordable and easy to prepare. Jan will join Robin, our Seafood Manager and Roger, our Meat Manager in sharing nutritional information and assisting you with making the best choices for your lifestyle.







**March 27  
am**

**AMBA Health Screenings 6:00 am – 10:00**

ShopRite of Warwick joins the Lion's Club in sponsoring this health screening event. Over a dozen free and low cost exams will be available for adults. For more information, please call Jan at 845-987-1242.

**March 29 – April 2**

**This week we will sample nutritional products that are recommended to help supplement your healthy diet to ensure proper nutrition. Throughout the week, Jan will be sharing easy recipe ideas and sampling easy and delicious pasta dishes.**

**Do you have nutrition questions, need menu ideas, or just want tips for helping the family eat better? Jan is here to help you meet your health and wellness goals. Ask for Jan at the courtesy counter and we would be more than happy to help you.**

