



## 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 10 & 12**

**Seafood Made Simple 12:00 – 1:30**

Fish is a high in protein, low fat food that provides a range of health benefits. Come sample a tasty seafood dish that you can bring to your dinner table.

**March 10**

**Nutrition Seminar – Middletown YMCA 7:00pm** Please join Jan Turlick of Warwick and Laura Ronen of Monroe for this Healthy Heart Seminar. This open seminar will address the benefits of nutrient rich foods and healthy meal planning for a sensible diet.

For more information, contact Stephanie Blumenberg at (845) 344-9622

**March 11**

**Right for Tonight 3:00 – 4:30**

Come sample this week's healthy, delicious and budget- friendly meal.

**March 13**

**Heart Walk, American Heart Association 8:30 am  
Vassar College-Walker Field House Poughkeepsie, NY**

Cheer on the ShopRite team as they help to raise money for heart health research and education. If you would like to make a donation, please contact Jan at 845-987-1200.

**March 15 – 19**

**Come visit Jan this week in our deli and bakery departments to sample healthy deli picks and tasty treats from our bakery. Rob, our Deli Manager and Michelle, our Bakery Manager will be available to answer your questions and help you make the best choices for you and your family.**

**March 18**

**Right for Tonight 12:00 – 2:30**

Come sample this week's healthy, delicious and budget- friendly meal idea.

**March 16**

**Healthy Recipe for St. Patty's Day 11:00 – 1:00**

Join Jan as she prepares a healthy version of a traditional favorite for your St. Patty's Day dinner.

**March 22 - 26**

**This week we will be featuring healthy products from our dairy and frozen departments with easy to prepare recipe ideas for you and your family.**

**March 25**

**Nutrition Seminar – Sports, Fitness & Fun Health Club  
Florida, NY 7:00 pm**

This seminar will address the benefits of healthy meal planning, a nutrient rich diet and the importance of balancing calories for healthy weight management.





**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.**

