



**ShopRite of White Plains  
LIVE RIGHT CALENDAR OF EVENTS  
FEBRUARY 2012**



*American Heart Month*



**Stacey Lynn Jackson, M.S., R.D.  
For More Information, call 845-649-4766**

Do you have nutrition questions, need menu ideas or just want tips to help you and your family eat better? Be sure to visit Stacey in her office, located across from the pharmacy, and she will be more than happy to assist you.

**February 1, Wednesday**



**Cooking Matters for Kids – “Whole-Grain Goodness”: 3:45-5:45pm**

Kids from the local White Plains Youth Bureau will be joining Stacey, our in-store Registered Dietitian, and a guest Chef for the 3<sup>rd</sup> of a 6-week hands-on cooking based nutrition education program. Feel free to swing by to observe!

**February 3, Friday**



**Tasty Eats Cooking Demo – Go **RED** for Women & Heart Health: 12-2pm**

According to the American Heart Association, heart disease is the number one killer of women; taking one in three lives each year.

Join Stacey, our in-store Registered Dietitian, as she prepares a delicious and heart healthy dish you can easily prepare at home.

And, remember to wear **RED** in support of the fight against heart disease in women!



**February 7, Tuesday**

**New York Sports Club & Tasty Eats Cooking Demo – Snack Attack: 12-2pm**

A New York Sports Club representative will be joining Stacey, our in-store Registered Dietitian, to promote the importance of physical activity. Stacey will also be preparing a delicious and wholesome snack that you can easily prepare at home.

**February 8, Wednesday**



**Cooking Matters for Kids – “Smart Snackers”: 3:45-5:45pm**

Kids from the local White Plains Youth Bureau will be joining Stacey, our in-store Registered Dietitian, and a guest Chef for the 4<sup>th</sup> of a 6-week hands-on cooking based nutrition education program. Feel free to swing by to observe!

**February 10, Friday**

**MyPlate with the Girl Scouts: 3:30pm**

Members of a local Girl Scout troop will be joining Stacey, our in-store Registered Dietitian, to learn about MyPlate and the basics of eating well.





**February 14, Tuesday**

**Tasty Eats Cooking Demo – Happy Valentine’s Day!: 12-2pm**

Nothing says Valentine’s Day like chocolate! Join Stacey, our in-store Registered Dietitian, as she prepares a deliciously dark dessert that may also offer some benefit for your heart.



**February 15, Tuesday**



**Cooking Matters for Kids – “Super Shoppers”: 3:45-5:45pm**

Kids from the local White Plains Youth Bureau will be joining Stacey, our in-store Registered Dietitian, and a guest Chef for the 5<sup>th</sup> of a 6-week hands-on cooking based nutrition education program. Feel free to swing by to observe!

**February 17, Friday**

**Seafood Mini Seminar & Raffle: 3pm**

Stacey, our in-store Registered Dietitian, will be joining the seafood department as they highlight the incomparable variety and quality of ShopRite’s fish selection. Come by and see for yourself just how deliciously fresh our fish is. Also take your **FREE** chance at winning a raffle prize!



**February 18, Saturday**



**Blood Pressure Screening: 10-2pm**

Come and celebrate American Heart Month with Stacey, our in-store Registered Dietitian, Neil, one of our Pharmacists, and a US Wellness Registered Nurse for a **FREE** blood pressure screening. Learn lifestyle habits that can help reduce your risk of cardiovascular disease and sample delicious heart healthy foods.

**February 19, Sunday**

**LiveRight with ShopRite Kids Event – Facts about Fats: 12-3pm**

Hey kids! Did you know there are different types of fats in the foods we eat? While a certain amount of fat is a very important part of a healthy balanced diet, too much fat isn’t. Join, Stacey, our in-store Registered Dietitian, to learn the facts about fats!



**February 22, Wednesday**



**Cooking Matters for Kids – “Kitchen Heroes”: 3:45-5:45pm**

Kids from the local White Plains Youth Bureau will be joining Stacey, our in-store Registered Dietitian, and a guest Chef for the last class of a 6-week hands-on cooking based nutrition education program. Feel free to swing by to observe!

**February 23, Thursday**

**Nutrition in the Kitchen: Meat Cuts & Healthy Preparation: 5pm**

Knowing how to choose and cook meat is essential when it comes to heart health. Join Stacey, our in-store Registered Dietitian, for tips that will help improve your skills at the supermarket and when eating out. Also take your **FREE** chance at winning a raffle prize!





**February 24, Friday**

**Tasty Eats Cooking Demo – Seasonal Produce: 12-2pm**

Join Stacey, our in-store Registered Dietitian, as she prepares a delicious and nutritious fresh produce dish you can easily prepare at home.



**February 28, Tuesday**

**Steps to a Healthier Heart Seminar: 7-9pm (sign-up event)**

Do you have heart disease, are at risk for heart disease, or just want to make sure you are eating a heart healthy diet? Join Stacey, our in-store Registered Dietitian, to learn how to eat for a healthier heart!

**SPACE IS LIMITED, SO SIGN UP WITH STACEY TODAY!!!**

**February 29, Wednesday**

**MyPlate with the Girl Scouts: 3:30pm**

Members of a local Girl Scout troop will be joining Stacey, our in-store Registered Dietitian, to learn about MyPlate and the basics of eating well.



\*Please note event dates/times & details subject to change.

**ShopRite of White Plains provides FREE nutrition services by a Registered Dietitian**

**For more information call 845-649-4766  
Or  
Stop by the store and talk to Stacey**

