

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:30 – 3:30 Northwell Store Tour 2:00 – 3:00	2 9:00 – 3:00
3 OFF	4 9:00 – 3:00 Produce Pick 10:00 – 12:00	5 9:00 – 3:00	6 12:30 – 6:30	7 1:00 – 7:00	8 9:00 – 3:00	9 9:00 – 3:00 Cooking Demo 10:00 – 12:00
10 OFF	11 Quality Assurance Tour Wakefern HQ	12 9:00 – 3:00 Bay Shore 10:00 – 11:00	13 1:00 – 7:00	14 1:00 – 7:00 Babylon Library 2:00 – 3:00	15 OFF	16 OFF
17 Jones Beach Heart Walk 8:00 – 2:00	18 9:00 – 3:00	19 9:00 – 3:00	20 11:30 – 5:30 Hands Across America 12:00 – 1:00	21 8:00 – 2:00	22 OFF	23 OFF
24 OFF	25 OFF	26 2:00 – 8:00 Eat Well Be Happy 6:30-7:30pm	27 1:00 – 7:00	28 1:00 – 7:00	29 9:00 – 3:00 Associate Wellness 11:00 – 1:00	30 9:00 – 3:00

MONTHLY FOCUS

Snack Smart



DIETITIAN

Jenifer Friedman
Retail Dietitian

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**“The more you eat,
the less flavor, the
less you eat, the
more flavor”**

-Chinese
Proverb

FREE NUTRITION SERVICES



EVENT DETAILS

September 1st
Northwell Health Store Tour
 The Dietetic Intern class of 2018 will learn how customers are brought around the store and taught how to make better for you food choices by applying the 2015-2020 dietary guideline.
 Time: 2:00 – 3:00
 Location: ShopRite Massapequa

September 4th
Produce Pick
 Come see how eating healthy tastes so good and discover new ways to add more fruits and vegetables to your day.
 Time: 10:00 – 12:00
 Location: Dietitians Corner

September 9th
Cooking Demo
 Make it vegetarian. Incorporating vegetarian meals into your diet makes eating fruits, vegetables and whole grains a breeze. Over time it can help support healthy body weight and reduce the risk of chronic disease.
 Time: 10:00 – 12:00
 Location: Dietitians Corner

September 11th
Quality Assurance Tour
 Jenifer will join other ShopRite RD's to learn the ins and outs of ShopRite's private label including Wholesome Pantry and how ShopRite ensures quality from production to the store shelves.
 Time: morning
 Location: Wakefern HQ

September 14th
Babylon Library
 Jenifer will be out in the community providing general healthful nutrition education for a group at the Babylon Library. The 30 minute lecture will be followed by a 30 question and answer session.
 Time: 10:00 – 11:00
 Location: Babylon Public Library

September 17th
Jones Beach Heart Walk
 We aren't just walking, we're heart walking to build healthier liver, free of cardiovascular disease and stroke. Start heart walking and make the commitment to lead a heart healthy life and become healthy for good.
 Time: 12:00 – 1:00
 Location: Central Islip

September 20th
Hands Across America
 Recent evidence suggest that good nutrition is essential for our mental health. At Hands Across America Jenifer will be teaching how to make better for you food choices and help improve our overall wellbeing.
 Time: 12:00 – 1:00
 Location: Central Islip

September 26th
Eat Well Be Happy
 Sign up today for ShopRite's Dietitian-lead weight management series. A 6 week program to support you to set goals, make lifestyle shifts to support them and learn how to do it as you go.
 Time: 6:30 – 7:30
 Location: Conference Room

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