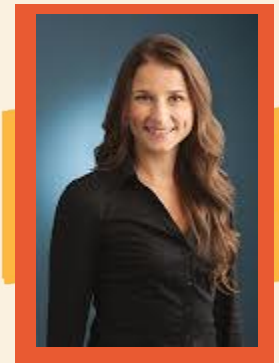


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Nutrition Counseling Available Location: Dietitian's Office Office Hours: 8am-4:30pm	2 OFF
3 OFF	4 OFF	5 Nutrition Counseling Available Location: Dietitian's Office Office Hours: 10:30am-7pm	6 OFF	7 Nutrition Counseling Available Location: Dietitian's Office Office Hours: 9am-5:30pm	8 Produce Pick of the Week Time: 11am Location: Produce Department Office Hours: 10am-6:30pm	9 Healthy Breakfast Demo Time: 10am Location: Near Dietitian's Office Office Hours: 8:30am-5pm
10 OFF	11 Nutrition Counseling Available Location: Dietitian's Office Office Hours: 10:30am-7pm	12 Eat Well. Be Happy Support Group Time: 7pm Location: ShopRite Conference Room Office Hours: 12pm-8:30pm	13 What's New Wednesday? Time: 3pm Location: Near Dietitian's Office Office Hours: 10am-6:30pm	14 Nutrition Counseling Available Location: Dietitian's Office Office Hours: 10:30am-7pm	15 Nutrition Counseling Available Location: Dietitian's Office Office Hours: 8am-4:30pm	16 OFF
17 Long Island Heart Walk Time: 9am Location: Jones Beach	18 Nutrition Counseling Available Location: Dietitian's Office Office Hours: 10:30am-7pm	19 Nutrition Counseling Available Location: Dietitian's Office Office Hours: 10:30am-7pm	20 Community Nutrition Presentation Time: 12pm-2pm Location: Suffolk Family Center Office Hours: 10am-6:30pm	21 Nutrition Counseling Available Location: Dietitian's Office Office Hours: 8:30am-5pm	22 OFF	23 OFF
24 OFF	25 Nutrition Counseling Available Location: Dietitian's Office Office Hours: 10:30am-7pm	26 Brookhaven Business Expo Time: 5:30pm Location: Brookhaven Town Hall Office Hours: 12pm-8:30pm	27 What's New Wednesday? Time: 3pm Location: Near Dietitian's Office Office Hours: 9am-5:30pm	28 Nutrition Counseling Available Location: Dietitian's Office Office Hours: 12pm-8:30pm	29 OFF	30 Nutrition Counseling Available Location: Dietitian's Office Office Hours: 9:30am-6pm

MONTHLY FOCUS

Snack Smart



DIETITIAN

Robyn Kenul
Registered Dietitian

(631) 372-7057
Robyn.kenul@wakefern.com

“Don't start a diet that has an expiration date; focus on a lifestyle that will last forever”

-Unknown

FREE NUTRITION SERVICES



Free nutrition counseling available.
Call to make an appointment!



EVENT DETAILS

9/8
Produce Pick of the Week
 Stop by the produce department to see what we are featuring each week. Have a sample and learn some easy ways to incorporate more produce into your meals.
 Time: 2pm-4pm
 Location: Produce Department

9/9
Healthy Breakfast Demo
 Are you starting every morning with a healthy breakfast? Stop by to find out what you could be eating every day to stay healthy and trim
 Time: 9:30am-6pm
 Location: Near Dietitian's Office

9/12
Eat Well. Be Happy Support Group
 Each month, Robyn meets with the members from her last weight management class. They continue to support each other with healthy eating tips and new recipe ideas. New members are always welcome. Call Robyn today for more details.
 Time: 7pm
 Location: ShopRite of Selden Conference Room

9/13, 9/27
What's New Wednesday?
 Stop by and sample what's new at ShopRite.
 Time: 3pm
 Location: Near Dietitian's Office

9/17
Long Island Heart Walk
 The American Heart Association has organized a heart walk to raise awareness for cardiovascular disease. ShopRite will be there promoting its wonderful preventive free dietitian services.
 Time: 8am
 Location: Jones Beach

9/20
Community Nutrition Presentation
 Robyn will be out in the community educating families on how to eat right and stay healthy.
 Time: 12pm
 Location: Suffolk Family Center

9/26
Brookhaven Business Expo
 ShopRite will be a food vendor at the next Brookhaven Business Expo. Stop by our table for a tasty treat and learn about the ShopRite Dietitian Program.
 Time: 5:30pm
 Location: Brookhaven Town Hall

9/28
Supermarket Tour and Cooking Demo
 The Healthy Living Revolution-Suffolk County Chapter is stopping by ShopRite for a private store tour and cooking demonstration.
 Time: 7pm
 Location: ShopRite Conference Room

FREE NUTRITION SERVICES



DIETITIAN
Robyn Kenul
 Registered Dietitian
 p:631-372-7057
 e:Robyn.kenul@wakefern.com

Free nutrition counseling available.
 Call to make an appointment!

