

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Nutrition Counseling Hours Available by Appointment
2 Produce Pick Time: 12-3pm Location: Produce Department	3 Nutrition Counseling Available by Appointment	4 Happy 4th of July!	5 Nutrition Counseling Hours Available by Appointment Senior Day!	6	7	8
9	10	11	12	13	14 Nutrition Counseling Available by Appointment	15 Sandwich Ideas Time: 11-3pm Location: ShopRite of Lawnside
16	17 Nutrition Counseling Available by Appointment	18 Nutrition Counseling Available by Appointment	19 KidsFit Session 5 Time: 5-6pm Location: Café, ShopRite of Lawnside **Must sign up at Courtesy	20 Snack Attack! Time: 2:30-3:30pm Location: Bellmawr Library **Must sign up with Library	21 What's for Dinner Time: 12-3pm Location: ShopRite of Lawnside	22
23	24 Produce Pick Time: 12-3pm Location: Produce Department	25 Nutrition Counseling Available by Appointment	26 Nutrition Counseling Available by Appointment	27 Nutrition Counseling Available by Appointment	28 Associate Wellness Day Time: 11-3pm Location: Associate Breakroom	29
30	31 Nutrition Counseling Available by Appointment					

MONTHLY FOCUS

Power Up with Protein & Go H₂O!



DIETITIAN

Adrienne Olah
Retail Dietitian

p: 856-547-2590 x 7
c: 609-605-8211
e: Adrienne.Olah@Wakefern.com

FREE NUTRITION SERVICES



- Nutrition Counseling
- Community Events
- Store Tours
- Health Screenings
- Kids' Nutrition Education Programs



EVENT DETAILS

<p>Monday, July 2nd Produce Pick Swing by to taste the delicious produce recipe of the week!</p> <p>Time: 12-3pm Location: Produce Department, ShopRite of Lawnside</p>	<p>Wednesday, July 5th Senior Day Seniors get 5% off your groceries the first Tuesday and Wednesday of every month! Pick up your free cup of coffee in the café!</p> <p>Time: All-Day Location: ShopRite of Lawnside</p>	<p>Saturday, July 15th Sandwich Ideas Learn new and delicious ways to prepare a high protein sandwich.</p> <p>Time: 11-3pm Location: ShopRite of Lawnside</p>	<p>Wednesday, July 19th KidsFit – SESSION 5 This is a NEW, FREE class series presented by Adrienne, your in-store dietitian! It is a 6-part interactive series offered once a month which will have kids crafting a delicious simple recipe and learning the nutritional benefits of different food groups. Culinary goodies, recipes and activity sheets will be provided at each class. <u>*Sign up at Courtesy (856) 547- 2590</u> Time: 5-6pm</p>
<p>Thursday, July 20th Snack Attack! Parents and Kids! Come make a tasty treat and learn the importance of healthy eating. <u>*Sign up at the Library by calling (856) 931-1400</u></p> <p>Time: 2:30-3:30pm Location: Bellmawr Library</p>	<p>Friday, July 21st What's for Dinner Stop by for a quick and easy dinner idea!</p> <p>Time: 12-3pm Location: Shoprite of Lawnside</p>	<p>Monday, July 24th Produce Pick Swing by to taste the delicious produce recipe of the week!</p> <p>Time: 12-3pm Location: Produce Department, ShopRite of Lawnside</p>	<p>Friday, July 28th Associate Wellness Day Associates! Come to the breakroom for nutrition trivia and snacks.</p> <p>Time: 11-3pm Location: Associate Breakroom, ShopRite of Lawnside</p>

FREE NUTRITION SERVICES



DIETITIAN
Adrienne Olah
 Retail Dietitian

p: 856-547-2590 x 7
 e:Adrienne.Olah@wakefern.com

- Nutrition Counseling
- Community Events
- Store Tours
- Health Screenings
- Kids' Nutrition Education Programs

