

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Medford Fireworks Time: 5pm Location: Freedom Park
2 Partners In Caring Bake Sale Time: 9am - 1pm Location: Vestibule	3 Produce Pick Time: 11am - 3pm Location: Produce Dept.	4 Happy 4th of July!!!	5 Nutrition Counseling Available by Appointment	6 Nutrition Counseling Available by Appointment	7 Nutrition Counseling Available by Appointment	8
9	10 Nutrition Counseling Available by Appointment	11 Weight Loss Support Group Time: 6pm Location: Conference Room	12 KidsFit Time: 4pm Location: Pinelands Library	13 Nutrition Counseling Available by Appointment	14 Associate Wellness Day Time: 11am - 2pm Location: Breakroom	15
16	17 Adult Culinary Workshop Time: 6:30pm - 8:30pm Location: In-Store Cafe	18 Nutrition Counseling Available by Appointment	19 Nutrition Counseling Available by Appointment	20 Pantry Pick Time: 10am - 1pm Location: Grocery Dept.	21 What's For Dinner Tonight? Time: 3pm - 5pm Location: TBD	22
23	24 Kids Culinary Workshop Time: 5pm - 7pm Location: In-Store Cafe	25 Nutrition Counseling Available by Appointment	26 KidsFit Time: 4pm Location: Pinelands Library	27 Nutrition Counseling Available by Appointment	28 Nutrition Counseling Available by Appointment	29 Nutrition Counseling Available by Appointment
30	31 Nutrition Counseling Available by Appointment					



Beth Ann Peterson, RD
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FREE NUTRITION SERVICES

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



EVENT DETAILS

Saturday, July 1, 2017

Medford Fireworks
 ShopRite is a proud sponsor of the Medford Fireworks!! Join us for a great show!!!
Time: 5:00pm
Location: Freedom Park

Sunday, July 2, 2017

Partners In Caring Bake Sale
 Purchase home-baked goods to benefit Partners in Caring
Time: 9:00am - 1:00pm
Location: Vestibule of the store

Monday, July 3, 2017

Produce Pick
 Join us in the produce dept. to sample a dish featuring our Dietitian's Produce Pick of the Week.
Time: 11:00am - 3:00pm
Location: Produce Dept.

Tuesday, July 11, 2017

Weight Loss Support Group
 Join us at our monthly meeting and get encouraged on your wellness journey!
Time: 6:00pm
Location: Conference room in store

Wednesday, July 12, 2017

KidsFit
 Six-week program for kids to learn how to make tasty and healthy meals and snacks.
Time: 4:00pm
Location: Pinelands Library
Sign up required online at www.blcs.lib.nj.us

Friday, July 14, 2017

Associate Wellness Day
 Associates can join us in the breakroom to sample a delicious and nutritious recipe.
Time: 11:00am - 2:00pm
Location: Breakroom

Monday, July 17, 2017

Adult Culinary Workshop
 "Summer Gatherings" class: Master warm-weather entertaining with this globally inspired menu. These party recipes are a cinch to prepare, so you have more time to socialize with guests.
Time: 6:30pm - 8:30pm
Location: In-Store Cafe
Cost: \$20
Sign up online at zalliesfreshkitchen.com or at our Customer Service Desk today!

Thursday, July 20, 2017

Pantry Pick
 Join us in the grocery aisles to sample a Protein packed pantry pick.
Time: 10:00am - 1:00pm
Location: Grocery Dept.

Friday, July 21, 2017

What's For Dinner Tonight?
 Come see us to sample a quick and easy dinner recipe!
Time: 3:00pm - 5:00pm
Location: TBD

Monday, July 24, 2017

Produce Pick
 Join us in the produce dept. to sample a dish featuring our Dietitian's Produce Pick of the Week.
Time: 11:00am - 3:00pm
Location: Produce Dept.

Monday, July 24, 2017

Kids Culinary Workshop
 "Easy Cheesy" class: Become a beginner cheese maker! In this protein-packed class, we'll whip up a batch of fresh, creamy homemade ricotta.
Time: 5:00pm - 7:00pm
Location: In-store Cafe
Cost: \$20
Sign up online at zalliesfreshkitchen.com or at our Customer Service Desk today!

Wednesday, July 26, 2017

KidsFit
 Six-week program for kids to learn how to make tasty and healthy meals and snacks.
Time: 4:00pm
Location: Pinelands Library
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