

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Produce Pick Time: 12-3pm Location: Produce Department	2 Nutrition Counseling Hours Available by Appointment
3	4 Labor Day	5 Nutrition Counseling Hours Available by Appointment	6 Nutrition User Group Meeting Time: 9-12pm Location: off-site	7 Nutrition Counseling Hours Available by Appointment	8 Car Show Time: 4-9pm Location: Parking Lot of ShopRite	9
10	11	12	13 Nutrition Counseling Hours Available by Appointment	14 Nutrition Counseling Hours Available by Appointment	15 Nutrition Counseling Hours Available by Appointment	16 Back-to-School Mini Festival Time: 11-3pm Location: ShopRite of Lawnside
17	18	19 Nutrition Counseling Hours Available by Appointment	20 Snack Demo Time: 12-3pm Location: ShopRite of Lawnside	21 Nutrition Counseling Hours Available by Appointment	22 Nutrition Counseling Hours Available by Appointment	23 Gluten Free Mini Festival Time: 11-3pm Location: ShopRite of Lawnside
24	25 Snack Attack! Time: 3:45-4:30pm Location: Bellmawr Library **Must sign up at the Library	26	29 Nutrition Counseling Hours Available by Appointment	28 Nutrition Counseling Hours Available by Appointment	29 Associate Wellness Day Time: 11-3pm	30 Tailgating Snacks Time: 12-3pm Location: ShopRite of Lawnside



Adrienne Olah, RDN
 Retail Dietitian
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 Adrienne.Olah@wakefern.com

FREE NUTRITION SERVICES

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



EVENT DETAILS

Friday, September 1st

Produce Pick

Swing by to taste the delicious produce recipe of the week!

Time: 12:00-3:00pm

Location: Produce Department, ShopRite of Lawnside

Friday, September 8th

Partners in Caring Fundraiser 3rd Annual Car Show!

Join us for a great event with food, friends, and great-looking cars!

We will have trophies and prizes for the best cars!

Time: 4:00-9:00pm

Location: Parking Lot of ShopRite

Saturday, September 16th

Back-to-School Mini Festival

Parents need ideas for quick snacks, meals and lunches? Stop by to get great ideas, sample products you can easily incorporate into meals, and giveaways!

Time: 11:00-3:00pm

Location: ShopRite of Lawnside

Wednesday, September 20th

Snack Demo

Join Adrienne to sample a great snack idea!

Time: 12:00-3:00pm

Location: ShopRite of Lawnside

Saturday, September 23rd

Gluten Free Mini Festival

Swing over to try gluten free items that are new and those already loved by us!

Time: 11:00-3:00pm

Location: ShopRite of Lawnside

Monday, September 25th

Snack Attack!

Parents and Kids! Come make a tasty treat and learn the importance of healthy eating.

*Sign up at the Library by calling (856) 931- 1400

Time: 3:45-4:30pm

Location: Bellmawr Library

Friday, September 29th

Associate Wellness Day

Associates! Come to the breakroom for good snacking tips and try an easy to make snack!!

*Sign up at Courtesy (856) 547- 2590

Time: 11:00-3:00pm

Location: Associate Breakroom, ShopRite of Lawnside

Saturday, September 30th

Tailgating Snacks

Love tailgating and watching the games, but don't want to go overboard with food....Adrienne will be providing samples and ideas for easy, delicious

Time: 12:00-3:00pm

Location: ShopRite of Lawnside



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