



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3 Personal Dietitian Consultation Hours- Lawnside Time: 1:00 PM - 5:00 PM	4 Nutrition Group Meeting Time: 9:00 AM Eat Well Be Happy Lawnside Time: 6:00 PM	5 Personal Dietitian Consultation Hours- Lawnside Time: 9:00 AM - 5:00 PM	6 Dietitian's Dish Demo: RD Family Meals Time: 12:00 PM	7
8	9	10 Personal Dietitian Consultation Hours- Lawnside Time: 9:00 AM - 5:00 PM	11 Eat Well Be Happy Lawnside Time: 6:00 PM	12 Young Consumer Program- Lawnside Store Visit Time: 9:00 AM	13 Personal Dietitian Consultation Hours- Lawnside Time: 11:00 AM - 5:00 PM	14
15 Produce Pick- Lawnside Time: 11:00 AM	16 Snack Attack! Time: 4:00 PM	17 Personal Dietitian Consultation Hours- Lawnside Time: 12:00 PM - 6:00 PM	18	19	20	21
22	23	24	25 Young Consumer Program- Neeta Store Visit Time: 9:00 AM	26 Personal Dietitian Consultation Hours- Lawnside Time: 9:00 AM - 5:00 PM	27 Dietitian's Dish Demo: Snacks- Lawnside Time: 11:00 AM	28 Hands On Healthy Kids- Lawnside Time: 1:30 PM
29	30 Hands On Healthy Kids- Lawnside Time: 5:00 PM	1	2	3	4	5



Adrienne Olah
Dietitian

p: (856) 547-2590 Ext. 7
e: adrienne.olah@wakefern.com



FREE NUTRITION SERVICES

DIETITIAN
Adrienne Olah
(856) 547-2590 Ext. 7
adrienne.olah@wakefern.com



DATE: April 3,5,10,13,17,26

Personal Dietitian Consultation Hours- Lawnside

Start your road to a healthier life with a personal counseling session.

Cost: \$0.00

Duration: 1:00 Hours

Location: ShopRite of Lawnside, 130 N White Horse Pike

DATE: April 15

Produce Pick- Lawnside

Find Adrienne in the produce section and sample her pick of the week!

Cost: \$0.00

Duration: 4:00 Hours

Location: ShopRite of Lawnside, 130 N White Horse Pike

DATE: April 28,30

Hands On Healthy Kids- Lawnside

Join Adrienne for this class which teaches kids about nutrition and its benefits.

Cost: \$0.00

Duration: 1:00 Hours

Location: ShopRite of Lawnside, 130 N White Horse Pike

DATE: April 4,11

Eat Well Be Happy Lawnside

This class is for you if you want to build healthy habits for a life of well-being!

Cost: \$0.00

Duration: 1:00 Hours

Location: ShopRite of Lawnside, 130 N White Horse Pike

DATE: April 16

Snack Attack!

Adrienne visits the library to teach nutrition and make a snack!

Cost: \$0.00

Duration: 1:00 Hours

Location: ShopRite of Lawnside, 130 N White Horse Pike

DATE: April 6

Dietitian's Dish Demo: RD Family Meals

Stop by to taste one of Adrienne's favorite dinner dishes for mealtime inspiration!

Cost: \$0.00

Duration: 3:00 Hours

Location: ShopRite of Lawnside, 130 N White Horse Pike

DATE: April 25

Young Consumer Program- Neeta Store Visit

Adrienne will be at the ShopRite of Medford to help with YCP.

Cost: \$0.00

Duration: 2:30 Hours

Location: ShopRite of Lawnside, 130 N White Horse Pike

DATE: April 12

Young Consumer Program- Lawnside Store Visit

Lawnside School students visit ShopRite to display their nutrition skills.

Cost: \$0.00

Duration: 2:30 Hours

Location: ShopRite of Lawnside, 130 N White Horse Pike

DATE: April 27

Dietitian's Dish Demo: Snacks- Lawnside

Stop by to try one of Adrienne's favorite snacks!

Cost: \$0.00

Duration: 3:30 Hours

Location: ShopRite of Lawnside, 130 N White Horse Pike

DIETITIAN
Adrienne Olah
(856) 547-2590
adrienne.olah@wakefern.com