

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	<b>4</b> <b>Balance Your Plate: Snacks Demo</b> Time: 11:00am <b>Personal Dietitian Consultation</b> Time: 3:00pm - 5:00pm	<b>5</b> <b>Personal Dietitian Consultation</b> Time: 10:00am - 5:00pm	<b>6</b> <b>Personal Dietitian Consultation</b> Time: 9:00am - 12:00pm <b>Kids Can Cook @ Pinelands Library!</b> Time: 4:00pm	7	8	9
10	<b>11</b> <b>Sweet Celebrations Summer Selections - June</b> Time: 6:30pm	<b>12</b> <b>Personal Dietitian Consultation</b> Time: 1:00pm - 4:00pm <b>Weight Loss Support Group - June</b> Time: 6:00pm	<b>13</b> <b>Personal Dietitian Consultation</b> Time: 1:00pm - 4:00pm	14	15	16
17	<b>18</b> <b>Personal Dietitian Consultation</b> Time: 3:00pm - 5:00pm	<b>19</b> <b>Personal Dietitian Consultation</b> Time: 10:00am - 5:00pm	<b>20</b> <b>Personal Dietitian Consultation</b> Time: 9:00am - 12:00pm <b>June Snack Attack!</b> Time: 4:00pm	21	22	23
24	<b>25</b> <b>Kid Friendly Fake Out - Take Out - June</b> Time: 5:00pm	26	27	<b>28</b> <b>Balance Your Plate: Dinner Favorites Demo</b> Time: 11:00am <b>Personal Dietitian Consultation</b> Time: 3:00pm - 5:00pm	<b>29</b> <b>Balance Your Plate: Dinner Favorites Demo</b> Time: 11:00am <b>Personal Dietitian Consultation</b> Time: 3:00pm - 5:00pm	30



**Beth Ann Peterson, RD**  
**Domenica Toscani, RDN**  
 Retail Dietitian

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**FREE NUTRITION SERVICES**

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



EVENT DETAILS

**Monday, June 4**

**Balance Your Plate: Snacks Demo**

Looking to satisfy that mid-afternoon craving? Stop by to try one of your in-store dietitian's favorite snack recipes! Samples and recipes will be provided.

Duration: 2 Hours

Location: ShopRite of Medford  
Rt. 70 & Charles Street

**June 4, 5, 6, 12, 13, 18, 19, 20, 28, 29**

**Personal Dietitian Consultation**

Everybody's nutrition journey is unique. Start your road to a healthier life with a one-on-one counseling session with your in-store dietitian.

Duration: 1 Hour

Location: ShopRite of Medford  
Rt. 70 & Charles Street

**Wednesday, June 6**

**Kids Can Cook @ Pinelands Library!**

Hey Kids! Join the dietitians to learn about healthy eating. We also make a nutritious meal. Sign up required online at: [www.bcls.lib.nj.us](http://www.bcls.lib.nj.us)

Duration: 1 Hour

Location: ShopRite of Medford  
Rt. 70 & Charles Street

**Monday, June 11**

**Sweet Celebrations - Summer Selections - June**

Getting your daily dose of recommended nutrients doesn't have to be hard! Let us show you how to utilize simple, healthy ingredients like beets, avocados and sweet potatoes and turn them into a nourishing, mouthwatering meal that will have you going back for seconds!

Cost: \$20.00

Duration: 2 Hours

Location: ShopRite of Medford  
Rt. 70 & Charles Street

**Wednesday, June 20**

**June Snack Attack!**

Kids, Join your ShopRite dietitian to make a healthy snack! Learn about the food groups and more.

Duration: 1 Hour

Location: ShopRite of Medford  
Rt. 70 & Charles Street

**Monday, June 25**

**Kid-Friendly Fake Out-Take Out - June**

In this workshop, the little ones will be encouraged to enjoy fast food that's delicious and good for them too! They'll learn how to prepare comfort foods with added nutrients.

Cost: \$20.00

Duration: 2 Hours

Location: ShopRite of Medford  
Rt. 70 & Charles Street

**Thursday, June 28**

**Balance Your Plate Demo: Dinner Favorites**

Stop by to taste one of your in-store dietitian's favorite dinner dishes and pick up a Balance Your Plate recipe book for mealtime inspiration!

Duration: 2 Hours

Location: ShopRite of Medford  
Rt. 70 & Charles Street



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