



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
31	1	2 Dietitian's Pick Demo Time: 10:00 AM	3 Kids Can Cook! Time: 4:00 PM	4 Neeta School 4th Grade Field Trip Time: 9:00 AM	5	6
7	8 Personal Dietitian Consultation Time: 1:00 PM - 4:00 PM Pairing Herbs and Spices Time: 6:30 PM	9 Personal Dietitian Consultation Time: 2:00 PM - 4:00 PM	10	11 St. Mary of the Lakes School 4th Grade Field Trip Time: 9:00 AM Personal Dietitian Consultation Time: 2:00 PM - 4:00 PM	12	13
14	15	16 Dietitian's Pick Demo Time: 11:00 AM Snack Attack! Time: 4:00 PM Weight Loss Support Group Time: 6:00 PM	17 Eating for Health Presentation Time: 4:30 PM	18 Personal Dietitian Consultation Time: 10:00 AM - 5:00 PM	19	20
21	22	23 Meals Made Well Weekly Recipe Demo Time: 11:00 AM Weight Loss Support Group Time: 6:00 PM	24 Eat Well Be Happy Time: 6:00 PM	25 Personal Dietitian Consultation Time: 10:00 AM - 6:00 PM	26	27
28	29 Eating for Life Presentation Time: 8:00 AM	30 Personal Dietitian Consultation Time: 10:00 AM - 6:00 PM	1	2	3	4



Beth Ann Peterson
Dietitian

p: (609) 953-7700 Ext. 7
e: bethann.peterson@wakefern.com



FREE NUTRITION SERVICES

DIETITIAN
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<p>DATE: April 3</p> <p>Kids Can Cook!</p> <p>Hey Kids! Join the dietitians to learn about healthy eating. We'll also make a nutritious ...</p> <p>Cost: \$0.00</p> <p>Duration: 1:00 Hours Location: ShopRite of Medford, Rt. 70 & Charles Street</p>	<p>DATE: April 8</p> <p>Pairing Herbs and Spices</p> <p>Seasoning foods with fitting spices can be intimidating if you're unfamiliar with the ...</p> <p>Cost: \$20.00</p> <p>Duration: 2:00 Hours Location: ShopRite of Medford, Rt. 70 & Charles Street</p>	<p>DATE: April 8,9,11,18,25,30</p> <p>Personal Dietitian Consultation</p> <p>Everybody's nutrition journey is unique. Start your road to a healthier life with a ...</p> <p>Cost: \$0.00</p> <p>Duration: 1:00 Hours Location: ShopRite of Medford, Rt. 70 & Charles Street</p>	<p>DATE: April 16</p> <p>Snack Attack!</p> <p>Kids, Join the dietitian to make a healthy snack! Learn about the food groups and more.</p> <p>Cost: \$0.00</p> <p>Duration: 1:00 Hours Location: ShopRite of Medford, Rt. 70 & Charles Street</p>
<p>DATE: April 17</p> <p>Eating for Health Presentation</p> <p>Your dietitian not only helps at the store level, but out in the community as well! Take a ...</p> <p>Cost: \$0.00</p> <p>Duration: 1:00 Hours Location: ShopRite of Medford, Rt. 70 & Charles Street</p>	<p>DATE: April 23</p> <p>Meals Made Well Weekly Recipe Demo</p> <p>No longer be plagued with the question "What's for dinner?" Stop by your store's Meals ...</p> <p>Cost: \$0.00</p> <p>Duration: 1:00 Hours Location: ShopRite of Medford, Rt. 70 & Charles Street</p>	<p>DATE: April 24</p> <p>Eat Well Be Happy</p> <p>Is weight loss or weight management on your radar? Then this class is for you! With your ...</p> <p>Cost: \$0.00</p> <p>Duration: 1:00 Hours Location: ShopRite of Medford, Rt. 70 & Charles Street</p>	<p>DATE: April 29</p> <p>Eating for Life Presentation</p> <p>Your dietitian not only helps at the store level, but out in the community as well! Take a ...</p> <p>Cost: \$0.00</p> <p>Duration: 1:00 Hours Location: ShopRite of Medford, Rt. 70 & Charles Street</p>

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