



| Sun | Monday   | Tuesday   | Wednesday   | Thursday | Friday | Sat   |
|-----|--|---|---|----------|--------|---|
| 24  | 25   | 26  | 27  | 28       | 1      | 2   |
| 3   | 4<br>Personal Dietitian Consultation<br>Time: 10:00 AM - 4:00 PM | 5<br>Personal Dietitian Consultation<br>Time: 2:00 PM - 5:00 PM   | 6<br>Kids Can Cook!<br>Time: 4:00 PM  | 7        | 8      | 9   |
| 10  | 11<br>Adult Culinary Workshop - Dumplings<br>Time: 6:30 PM       | 12<br>Dietitian's Pick Demo<br>Time: 11:00 AM<br>Personal Dietitian Consultation<br>Time: 2:00 PM - 5:00 PM | 13<br>National Registered Dietitian Day<br>Time: 11:00 AM<br>National Registered Dietitian Day<br>Time: 4:00 PM | 14       | 15     | 16  |
| 17  | 18<br>Dietitian's Pick Demo<br>Time: 11:00 AM                    | 19<br>Snack Attack!<br>Time: 4:00 PM<br>Weight Loss Support Group<br>Time: 6:00 PM                          | 20  | 21       | 22     | 23<br>National Nutrition Month Festival<br>Time: 11:00 AM |
| 24  | 25   | 26  | 27<br>Dietitian's Pick Demo<br>Time: 11:00 AM   | 28       | 29     | 30  |
| 31  | 1  | 2   | 3   | 4        | 5      | 6   |



**Beth Ann Peterson**  
Dietitian

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### FREE NUTRITION SERVICES

DIETITIAN  
Beth Ann Peterson  
(609) 953-7700 Ext. 7  
[bethann.peterson@wakefern.com](mailto:bethann.peterson@wakefern.com)



DATE: March 4,5,12

### Personal Dietitian Consultation

Everybody's nutrition journey is unique. Start your road to a healthier life with a ...

Cost: \$0.00

Duration: 1:00 Hours

Location: ShopRite of Medford, Rt. 70 & Charles Street

DATE: March 6

### Kids Can Cook!

Hey Kids! Join the dietitians to learn about healthy eating. We'll also make a nutritious ...

Cost: \$0.00

Duration: 1:00 Hours

Location: ShopRite of Medford, Rt. 70 & Charles Street

DATE: March 11

### Adult Culinary Workshop - Dumplings

Explore the world of dumplings in this workshop that features flavors from across the ...

Cost: \$20.00

Duration: 2:00 Hours

Location: ShopRite of Medford, Rt. 70 & Charles Street

DATE: March 13

### National Registered Dietitian Day

National Registered Dietitian Day

Cost: \$0.00

Duration: 2:00 Hours

Location: ShopRite of Medford, Rt. 70 & Charles Street

DATE: March 19

### Snack Attack!

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

Cost: \$0.00

Duration: 1:00 Hours

Location: ShopRite of Medford, Rt. 70 & Charles Street

DATE: March 23

### National Nutrition Month Festival

March is National Nutrition Month and we are having a festival in the store to celebrate!

Cost: \$0.00

Duration: 4:00 Hours

Location: ShopRite of Medford, Rt. 70 & Charles Street

### DIETITIAN

Beth Ann Peterson

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