

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ● <b>Community Event</b> 08:30 AM	2	3	4	5	6	7 ● <b>Personal Nutrition Consultation</b> 08:00 AM , 09:00 AM , 11:00 AM , 12:00 PM , 1:00 PM , 2:00 PM , 3:00 PM
8	9 ● <b>Freezer-Friendly Meal Prep Class</b> 6:00 PM	10	11 ● <b>RDN Day!</b> 11:00 AM	12 ● <b>Community Event</b> 09:30 AM	13 ● <b>Personal Nutrition Consultation</b> 09:00 AM , 10:00 AM	14
15	16	17	18 ● <b>Store Tour with Connections Family Success Center</b> 5:30 PM	19	20 ● <b>Personal Nutrition Consultation</b> 08:00 AM , 09:00 AM , 10:00 AM , 12:00 PM , 1:00 PM , 2:00 PM , 3:00 PM , 4:00 PM	21 ● <b>National Nutrition Month Festival-Medford</b> 11:00 AM
22	23 ● <b>Whole Grain Sampling Day!</b> 11:00 AM	24 ● <b>Young Consumer Program-Lawnside</b> 09:00 AM	25 ● <b>Young Consumer Program-Medford</b> 09:00 AM	26	27	28 ● <b>National Nutrition Month Festival-Lawnside</b> 11:00 AM
29 ● <b>Snack Attack! at Bellmawr Library</b> 4:00 PM	30	31				



Contact Dietitian: **Adrienne Olah** at [Adrienne.Olah@wakefern.com](mailto:Adrienne.Olah@wakefern.com) or  
 Adrienne graduated from Missouri State University in Springfield, MO in 2009, and completed her dietetic internship at the Missouri Department of Health and Senior Services Program for Dietetic Interns, Jefferson City, MO. She has been a dietitian at the ShopRite of Lawnside since 2015.

## Community Event

### Adrienne will be out in the community.

Adrienne will be out in the community providing nutrition information.

## Personal Nutrition Consultation

### Get help with your nutrition concerns!

Adrienne enjoys helping others with anything nutrition! She can help you with counting carbs, mindful eating for weight loss, low FODMAP diet, or lowering your sodium to mention a few. Sign Up Today!

## Young Consumer Program-Medford

### Students come to ShopRite!

The 4th grade students of Medford area school come to show the skills and knowledge they learned!

## Freezer-Friendly Meal Prep Class

### Get a jump on dinner for the week!

Join Adrienne for this class! You will assemble 3 freezer meals that will feed a family of 4-6 people. In 1.5 hours you have healthy, delicious meals that only need to be reheated for dinner time. For this class, you will receive a ShopRite from Home order in your email once you have a signed-up. This order will include all the ingredients necessary to prep three freezer-friendly recipes in the class. There is no cooking in this class, only prep-work.

## RDN Day!

### Celebrate with Adrienne!

Join Adrienne to celebrate Registered Dietitian Nutritionist Day! She will be sampling a delicious wrap!

## Store Tour with Connections Family Success Center

### MUST Sign Up. Contact 856-562-5927.

Adrienne has partnered with Connections to provide a store tour, dinner, and free groceries! Space is limited and sign up is required. Please contact 856-562-5927.

## National Nutrition Month Festival-Lawnside

### Come celebrate with lots of samples to try!

Join Adrienne and ShopRite of Lawnside for National Nutrition Month! There will be samples and demos set up around the store. Come check it out!

## National Nutrition Month Festival-Medford

### Come celebrate with lots of samples to try!

Adrienne will be at the ShopRite of Medford for National Nutrition Month! There will be samples and demos set up around the store. Come check it out!

## Snack Attack! at Bellmawr Library

### Learn about nutrition and make a snack!

Join Adrienne to learn about nutrition and make a healthy, yummy snack! Call the Bellmawr Library to sign up! 856-931-1400

## Whole Grain Sampling Day!

### Adrienne will be sampling whole grains!

Taste different whole grains you may not have tried and ZFK whole grain salads!

## Young Consumer Program-Lawnside

### Students come to ShopRite!

The 4th grade students of Lawnside Public School come to show the skills and knowledge they learned from Adrienne and Coach Howie!