

| Sunday  | Monday                                 | Tuesday                                | Wednesday   | Thursday   | Friday  | Saturday   |
|---|--|--|---|--|---|--|
| 1<br>● <b>Scout Troop Store Visit</b><br>6:30 PM    | 2<br>● <b>Kids Can Cook</b><br>4:00 PM | 3                                      | 4   | 5<br>● <b>Toddler Tasters</b><br>10:00 AM            | 6   | 7  |
| 8   | 9                                      | 10                                     | 11<br>● <b>National RD Day</b><br>11:00 AM        | 12<br>● <b>Girl Scout Nutrition Event</b><br>3:00 PM | 13<br>● <b>School Nutrition Education Class</b><br>09:00 AM | 14   |
| 15  | 16                                     | 17<br>● <b>Snack Attack</b><br>4:00 PM | 18  | 19<br>● <b>Toddler Tasters</b><br>10:00 AM           | 20  | 21<br>● <b>National Nutrition Month Festival</b><br>11:00 AM |
| 22<br>● <b>Whole Grain Sampling Day</b><br>11:00 AM | 23                                     | 24                                     | 25<br>● <b>Young Consumer Program</b><br>09:00 AM | 26   | 27  | 28   |
| 29  | 30                                     | 31                                     |   |  |   |  |



Contact Dietitian: **BethAnn Peterson** at [BethAnn.Peterson@wakefern.com](mailto:BethAnn.Peterson@wakefern.com) or Beth Ann graduated from the University of Connecticut, Storrs, CT in 1981, and completed her dietetic internship at UCONN Health, Farmington, CT. She has been a dietitian at the ShopRite of Medford since 2013.

## Girl Scout Nutrition Event

### Girl Scouts will learn healthy food choices.

The Girl Scouts will visit the store to learn how to use MyPlate in daily food choices and make a snack or meal that follows the guidelines.

## National RD Day

### Meet n Greet the dietitian. Sample a recipe.

Join Beth Ann to celebrate Registered Dietitian Day! Sample a delicious wrap.

## Snack Attack

### Children will learn to make a healthy snack.

Using MyPlate as a guide, children will prepare a healthy snack at Pinelands Library. Sign up at [www.blcs.lib.nj.us](http://www.blcs.lib.nj.us)

## Kids Can Cook

### Kids will learn to make a healthy meal.

Using MyPlate as a guide, children will learn to make a healthy meal at the Pinelands Library. Sign up at [www.blcs.lib.nj.us](http://www.blcs.lib.nj.us)

## School Nutrition Education Class

### The students will learn about MyPlate .

The students will learn about MyPlate and play Go, Slow, Whoa to increase their knowledge of making smart food choices.

## Toddler Tasters

### Your toddler will be introduced to new foods.

Your toddler will have the chance to explore new foods in a playful setting, while expanding their palate. They will be encouraged to taste new foods, however, this will be a "no pressure" zone. Because they will be encouraged to play with the food, they may get messy.

## National Nutrition Month Festival

### Many dietitian-approved food samplings

"Eat Right, Bite by Bite" is this year's theme for National Nutrition Month. Come sample dietitian approved food, enter to win raffle basket and get wellness tips from the experts!

## Scout Troop Store Visit

### Scouts will learn about healthy eating.

Scouts will learn about MyPlate, go on a Scavenger Hunt and make a snack.

## Whole Grain Sampling Day

### Sample whole grains you may have never had.

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

## Young Consumer Program

### Neeta School 4th graders

Neeta School 4th graders come to the store to show the skills and knowledge they learned from Beth Ann and Coach Howie.