



October 2014

Cold and Flu Prevention
Breast Cancer Awareness Month

ShopRite of Fair Lawn, NJ

In-store Events Calendar



Dana Gaule, RD

Saturday,
Oct 4th

**Dance For A Cure at Retro Fitness:
9:30-11AM**

Retro Fitness of Fair Lawn will be holding a special event including a Zumba class and raffles & prizes to support the National Breast Cancer Foundation. *Pre-registration is encouraged! 201-773-6040*

Mondays,
Oct 6th,
13th,
20th,
27th

Eat Well. Be Happy: FREE 4 Week Weight Management Series! 6:30-7:30PM

This free, 4 week program, led by your in-store dietitian, will teach you strategies to make healthy lifestyle choices to accomplish your weight management goals. **Registration is required for this event. Space is limited.*

Tuesday,
Oct 7th &
Monday,
Oct 20th

Produce Pick: Fall's Bounty: 3-5PM/2-4PM

Dana will be mixing this month's produce pick into a delicious new dish. Stop by for a sample and recipes!

Thursday,
October 9th



Flu-Fighting Foods: 3-7PM

Dana will be highlighting foods that can help keep you healthy throughout flu season! Stop by for recipes & samples!

Fridays,
Oct 10th &
Oct 24th

High Fiber Friday: 11AM-2PM/ 1-5PM

Trying to lose weight? Want to lower your cholesterol or manage your blood sugar? Fiber is the key! Stop by for a sample of a high fiber recipe!

Friday,
Oct 24th

HAPPY NATIONAL FOOD DAY!

Food Day is a nationwide celebration and a movement for healthy, affordable, and sustainable food.



Sunday,
Oct 12th

Cabot SMOOTHIE Bike Event & LiveRight with ShopRite Kid's Day: 11AM-2PM

Come pedal away hunger using Cabot's human-powered sMOOTHIE bike located outside the ShopRite entranceway. Take part in the fun while getting some exercise and enjoying Cabot's new line of cheese and freshly made smoothies. Stop by before or after you shop!

Tuesday,
Oct 21st



All Pumpkin Everything!: 1-4PM

Pumpkins are more than just a decorative staple at Halloween time. Come learn just how delicious pumpkin can be and how to add it to some of your favorite foods!

Tuesday,
Oct 28th

Cook Right For Tonight: Power Meal: 2-5PM

Come taste and see what immune-boosting recipe Dana is cooking up for tonight! Recipe cards will be available.

Wednesday,
Oct 29th

Healthy Freezer Finds: 1-4PM

Dana will be offering helpful hints for choosing healthy items in the frozen food department. Come try a sample of her favorite frozen pick this month!

Thursday,
Oct 30th

Healthy Halloween Habits: 3-6PM

No tricks here- just treats at the Dietitian's Corner! Stop by for a healthy treat and some tips to ensure that your little witches and zombies have a happy and safe Halloween!

ShopRite of Fair Lawn
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All dates and times are subject to change.



