



APRIL 2015

DIETITIAN EVENT CALENDAR
SPRING INTO GOOD HEALTH
SHOPRITE OF FAIR LAWN, NJ



Dana Gaule, RD

Wednesday,
April 1st

Whole Grain Sampling Day!: 12PM-4PM
Dana will be at the Dietitian's Corner sampling various whole grain recipes and discussing the many health benefits of whole grain foods!

Saturday,
April 4th



Egg-cellent Eggs!: 9AM-11AM
Eggs are good for more than just Easter decorations! Stop by the Dietitian's Corner to pick up tips on incorporating the incredible, edible egg into your diet, including recipes that make use of leftover dyed Easter eggs!

Tuesday,
April 7th

Stress Awareness Month: 4PM-7PM
In recognition of Stress Awareness Month, Physical Medicine of NJ will be at the Dietitian's Corner offering free mini chair massages to help you unwind. Stop by and take a few moments out of your busy schedule to relax and de-stress!

Wednesday,
April 8th &
Thursday,
April 16th

Produce Pick: 10AM-12PM, 12PM-2PM
Dana will be mixing this week's produce pick into a delicious new dish. Stop by for a sample and some recipes!

Tuesday,
April 14th

The Top 8: Allergy Awareness: 2PM-4PM
Do you know the top 8 most common food allergens? Come stop by Dana's office to find out and to try a sample of an allergy-friendly food!

Mondays,
April 20th
and 27th

Eat Well. Be Happy. Weight Management Series: 11AM-12PM or 5:30-6:30PM
Is losing weight on your radar this spring? ShopRite is here to help! Dana will be hosting a 4 week weight management class FREE to customers. *Space is limited so don't wait-contact Dana to sign up today!*

Fridays,
April 17th
and 24th

High Fiber Friday: 9AM-11AM, 2PM
Trying to lose weight, lower your cholesterol or manage your blood sugar? Fiber is the key! Stop by the Dietitian's corner for a sample of a high fiber recipe!

Thursday,
April 23rd

Build a Better Sandwich: 1PM-3PM
In honor of National Picnic Day, Dana will be offering tips on how to assemble the perfect picnic food: the sandwich! Try a sample and take home recipes.

Sunday,
April 26th

LiveRight with ShopRite Kid's Day: 11AM-12PM
Bring in the kids to create & try new things! Kids will prepare a simple, healthy snack & will take home a recipe and other fun activities! *Note: Sign-up is required & space is limited.*

Tuesday,
April 28th



Reducing Food Waste: 3PM-5PM
Did you know that about 40 percent of the United States food supply goes uneaten? To celebrate Earth Month, Dana will be offering tips on ways to reduce food waste and repurpose leftovers!

Thursday,
April 30th

Cook Right For Tonight: Using Fresh Herbs: 3PM-5PM
Spring is finally here, and fresh, local herbs are in abundance! Dana will be highlighting fresh herbs in a delicious, nutritious dish, perfect for a weeknight meal! Visit the Dietitian's Corner for a sample and recipe.



.....
: *Would you like Dana to speak about a*
: *health topic, teach a nutrition lesson,*
: *or team up with your organization for*
: *an event? Call today! This month*
: *Dana is working with:*
: *-Physical Medicine of NJ*
: *-Fair Lawn Girl Scout Troops*
: *-Ridgewood YMCA*
: *-Relay For Life of Glen Rock*
: *-Fair Lawn & Ridgewood Weight Loss*
: *Challenge groups*
: *-WellCare Health Plans*
:

ShopRite of Fair Lawn
17-17 River Road
Fair Lawn, NJ 07410

Dana Gaule, RD
201-419-9174
Dana.gaule@wakefern.com

All dates and times are subject to
change.

