



of Patchogue, NY

## MARCH 2017 CALENDAR

### EVENT DETAILS

**March 6<sup>th</sup> & March 7<sup>th</sup>**

**Middle School Guest Talk  
Community Event (Private)**

Sara will be guest speaking at Mrs. Bruckner's Health Class about healthy eating and label reading!

Time: 8AM - 2PM

Location: Saxton Middle School

**March 8<sup>th</sup>**

**National RD Day  
Store Event**

Stop by the Dietitian's Table for a sample of a healthy recipe and meet your ShopRite Dietitian!

Time: 2 PM - 4PM

Location: ShopRite of Patchogue

**March 9<sup>th</sup>**

**Boy Scout Store Tour  
Store Event (Private)**

Sara will be taking cub scout pack 79 around the store to talk about healthy eating!

Time: 12 PM - 3 PM

Location: ShopRite of Patchogue

**March 11<sup>th</sup>**

**Nat'l Nutrition Month Celebration  
Store Event**

Stop by the store for healthy samples, giveaways, and prizes!

Time: 12 PM - 3 PM

Location: ShopRite of Patchogue

**March 14<sup>th</sup>**

**Asian Cooking Demo  
Store Event**

Celebrating "Grub Around the Globe", have a taste of a healthy Asian dish and pick up the recipe!

Time: 1 PM - 3 PM

Location: ShopRite of Patchogue

**March 15<sup>th</sup>**

**Wellness Committee Meeting  
Community Event (Private)**

Sara will be meeting with the Patchogue-Medford Wellness Committee to discuss school nutrition!

Time: 3 PM - 4:30 PM

Location: South Ocean Middle School

**March 16<sup>th</sup>**

**Healthier Irish Soda Bread  
Store Event**

Stop by the Dietitian's table to taste a healthier version of Irish Soda Bread and pick up the recipe!

Time: 1 PM - 3 PM

Location: ShopRite of Patchogue

**March 18<sup>th</sup>**

**Kids Baking**

Sign your child up for a fun and easy baking class! Recommended for kids age 5 and older.

*Space is limited; sign-up required.*

Time: 11 AM - 12 PM

Location: ShopRite of Patchogue

**March 22<sup>nd</sup>**

**African Cooking Demo**

Celebrating "Grub Around the Globe", have a taste of a healthy African dish and pick up the recipe!

Time: 2 PM - 4 PM

Location: ShopRite of Patchogue

**March 23<sup>rd</sup> & March 30<sup>th</sup>**

**Cooking Class for Adults**

Together we'll make a simple healthy dish and then sit down to a lovely meal!  
*Space is limited; sign-up required.*

Time: 6:30 PM - 8 PM

Location: ShopRite of Patchogue

**March 25<sup>th</sup>**

**Kids Snack 'n' Paint**

Sign your child up for a fun painting class with a healthy snack at the end!  
*Space is limited; sign-up required.*

Time: 11 AM - 12 PM

Location: ShopRite of Patchogue

**March 28<sup>th</sup>**

**Latin Cooking Demo**

Celebrating "Grub Around the Globe", have a taste of a healthy Latin dish and pick up the recipe!

Time: 1 PM - 3 PM

Location: ShopRite of Patchogue

### FREE NUTRITION SERVICES

**DIETITIAN**

**Sara Turnasella**  
Retail Dietitian

p: (631) 286-5000 ext 3001  
sara.turnasella@wakefern.com

All nutrition services are **FREE**. If you'd like to make an appointment for individual nutrition counseling, join our weekly walking club, sign up for a class, or just have a question, talk to Sara the Dietitian today!



Hours and events are subject to change

ShopRite of Patchogue • 95 Sunrise Hwy, Patchogue, NY, 11772