



ShopRite of Medford
LIVE RIGHT CALENDAR OF EVENTS
JULY 2010

Meghan Modica, R.D.
 Lisa Kress, R.Ph. Pharmacist
 For More Information, call 609-953-7700

Do you have nutrition questions, need menu ideas, or just want tips for helping the family eat better? Perhaps you have questions about medications you are taking or about vitamins and supplements? Meghan and Lisa are here to help you meet your health and wellness goals. Ask for Lisa at the Pharmacy and Meghan at the courtesy counter and we would be more than happy to help you.

Stop by Meghan’s office, located next to the pharmacy or call her at 609-953-7700 Ext 7.

July 6, Tuesday

Kid’s Cooking Class! Better-for-You Breakfasts! 8-12 yr olds 11:00am
 Need some breakfast ideas for your picky eater? We’ve got some deliciously healthy ways for your little one to start their day! Sign up now, space is limited. Just \$10 per child. Call 609-953-7700 to sign up today.
On the Menu:
Fruit filled puff pancakes
Scrambled Egg Nests
Cherry Vanilla Smoothie

July 13, Tuesday

Snack Attack! Medford Library 7-12’s 4:00 pm
 It’s Blueberry Month! This month Meghan will be preparing a delicious blueberry snack with story time. Sign up soon, space is limited.
Medford Pinelands Library 609-654-6113





July 15, Thursday

Snack Attack! Medford Library 4-6's 2:00 pm

It's Blueberry Month! This month Meghan will be preparing a delicious blueberry snack with story time. Sign up soon, space is limited.

Medford Pinelands Library 609-654-6113

July 20, Tuesday

Woman's Seminar Nutrition for Mom, Baby, and Child.

11:00 am Burlington County Library

In partnership with the Burlington County Health Department we'll be offering an informational seminar on women's health and childhood nutrition. This hour long presentation will be given by Meghan Modica R.D. Learn proper infant and child feeding practices as well as tips for picky eaters!

Call 609-953-7700 x 7 to sign up today for this FREE program.

July 22, 23, Thurs, Fri

Celebrate Blueberry Month!

Stop by Thursday or Friday between 11am and 2pm for a sampling of delicious blueberry dishes. More than just dessert we'll have savory salads and more!

July 27, Thursday

Kid's Cooking Class! Pizza Party! 8-12 yr olds 11:00am

Make healthy eating fun with pizza anytime! Find out how to make pizza for breakfast, lunch, dinner and dessert! Sign up now, space is limited. Just \$10 per child. Call 609-953-7700 to sign up today.

On the Menu:

Mini Pizzettes – made fresh in our brick oven!

Fruity Pizza Pinwheels



