



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
28	29	30	31	1	2 Game Day Grub Time: 12:00 PM	3 Game Day Grub Time: 12:00 PM
4	5	6	7	8 Between Meal Pick-Me-Ups Time: 12:00 PM	9 Heart-Healthy Catch of the Week Time: 12:00 PM	10
11	12	13 Culinary Workshop: Most Nutritional Bang for Your Buck Time: 6:00 PM	14 Sweets for Your Sweetie Time: 2:30 PM	15 Superfood Finds Time: 12:00 PM	16	17
18 Meals Made Well: Meal of the Week Time: 12:00 PM	19	20	21 Ask the RD Time: 11:00 AM	22 The Skinny on Healthy Fats Time: 3:00 PM	23	24
25 Ask the RD Time: 9:00 AM	26	27 Kids Culinary Workshop: Creative Classic Comforts Time: 5:00 PM	28	1	2	3



**Natalie Nachef**  
Dietitian

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## FREE NUTRITION SERVICES

DIETITIAN  
Natalie Nachef  
(201) 419.9165  
[natalie.nachef@wakefern.com](mailto:natalie.nachef@wakefern.com)



DATE: February 2,3

Game Day Grub

Are you ready for some football?! Score your own touchdown with a healthy game day snack your family will love! Stop in for a ...

Cost: \$0.00

Duration: 2:00 Hours

Location: ShopRite of Wayne, 625 Hamburg Turnpike

DATE: February 14

Sweets for Your Sweetie

Indulge in a better-for-you dessert this Valentine's Day. Your dietitian will be sampling something sweet for you and your ...

Cost: \$0.00

Duration: 2:00 Hours

Location: ShopRite of Wayne, 625 Hamburg Turnpike

DATE: February 22

The Skinny on Healthy Fats

Not all fats are created equally! Stop in to learn the difference between healthy and unhealthy fats, plus pick up heart-healthy ...

Cost: \$0.00

Duration: 2:00 Hours

Location: ShopRite of Wayne, 625 Hamburg Turnpike

DATE: February 8

Between Meal Pick-Me-Ups

Is your tummy rumbling and it's not even close to dinner time yet? Snacks are essential for keeping us fueled between meals! Stop ...

Cost: \$0.00

Duration: 2:00 Hours

Location: ShopRite of Wayne, 625 Hamburg Turnpike

DATE: February 15

Superfood Finds

Boost your intake of antioxidants, vitamins, and minerals by choosing the right foods! Your dietitian will be featuring some ...

Cost: \$0.00

Duration: 2:00 Hours

Location: ShopRite of Wayne, 625 Hamburg Turnpike

DATE: February 27

Kids Culinary Workshop: Creative Classic Comforts

Encourage the little ones to embrace creativity and experiment with some of their beloved classic recipes. In this workshop, they ...

Cost: \$20.00

Duration: 2:00 Hours

Location: ShopRite of Wayne, 625 Hamburg Turnpike

DATE: February 9

Heart-Healthy Catch of the Week

February is American Heart Month! Celebrate by treating yourself to seafood, which contains heart-healthy fats. Stop in to pick up ...

Cost: \$0.00

Duration: 2:00 Hours

Location: ShopRite of Wayne, 625 Hamburg Turnpike

DATE: February 18

Meals Made Well: Meal of the Week

No longer be plagued with the question "What's for dinner?" Stop by your store's Meals Made Well cart located in the Meat ...

Cost: \$0.00

Duration: 2:00 Hours

Location: ShopRite of Wayne, 625 Hamburg Turnpike

DATE: February 13

Culinary Workshop: Most Nutritional Bang for Your Buck

Eating healthy is an investment in your wellness, but it doesn't have to be a significant investment in your wallet! Save more by ...

Cost: \$20.00

Duration: 2:00 Hours

Location: ShopRite of Wayne, 625 Hamburg Turnpike

DATE: February 21,25

Ask the RD

Do you have nutrition-related questions? Are you wondering if you're purchasing the right products for you? Natalie will be ...

Cost: \$0.00

Duration: 6:00 Hours

Location: ShopRite of Wayne, 625 Hamburg Turnpike

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