

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Videographer Session In-store 9a-3p	2 Office hours 9a-1p	3 Produce Department Tour/ & Sampling 9:30-10:15a
4 Michelle – OFF	5 Michelle – OFF	6 Produce Pick: Sumo Oranges In-store 11a-1p	7 Read Aloud @ Stowe 11a-12p ERfC's Student Shoppers 4-6p	8 Office hours 9a-3p	9 Office hours 9a-12p	10 NCCCC Home Show 9a-5p
11 NCCCC Home Show E. Windsor 9a-5p Daylight Savings Time	12 Michelle – OFF	13 Tonight in Thompsonville 6:00-7:45p	14 National RD Day RD Favorite Snacks In-store 11a-1p	15 Regional RD Meeting @ Milford ShopRite 9a-12p	16 RD recap meeting 10:30a	17
18 Michelle – OFF	19 Michelle – OFF	20 Break the fast In-store 10:30a-12:30p	21 Easter Bunny 4-7p	22 ERfCs Student Shoppers @ Barnard 3:45-4:45p	23 Cheerios Unveiling Michelle - OFF	24 Produce Department Tour & Sampling 9:30-10:15am
25 Michelle - OFF	26 Michelle - OFF	27 Sweet Chili Glazed Salmon In-store 12-2p	28	29 ERfC's Student Shoppers in-store 4:15-5:45p	30	31

MONTHLY FOCUS
Dietitian's Dish



Michelle Mattia, RDN
Retail Dietitian

860-253-4173
Michelle.Mattia@wakefern.com

“Make your food choices on purpose; not accidentally”
-Michelle

FREE NUTRITION SERVICES



All nutrition services are FREE to the public. 860-253-4173 or Michelle.Mattia@wakefern.com



EVENT DETAILS

Saturday, March 3rd

Produce Department Tour & Tasting
Ever wonder how to tell if a cantaloupe or avocado is perfectly ripe? Not sure how to get your kids to eat broccoli? Join our dietitian for this brief tour and sampling to try some hidden gems in the Produce department. Sign up in advance, space is limited!

Time: 9:30-10:15a

Location: Produce Department

Tuesday, March 6th

Produce Pick Tasting
Check out exactly what a "Sumo Orange" is today and stop by Michelle's booth.

Time: 11a-1p

Location: Produce Department

Wednesday, March 7th

United Way Read Aloud
Michelle partners with the United Way to read to 120 pre-school students who get to take home a copy of the book and make an edible craft afterwards. This is a closed event for Stowe Early Learning Center only.

Time: 11a-12p

Location: Stowe Early Learning

Wednesday, March 7th

ERfC's Student Shoppers
Michelle visits Hazardville Elementary to discuss healthy eating on a budget prior to their field trip to the store next week. This is a closed event for ERfC participants only.

Time: 3:30pm

Location: Hazardville Elementary

Sunday, March 11th

NCCCC Home Show
ShopRite will be at this home show promoting all of our in-store services and community engagement opportunities.

Time: 9a-5p

Location: East Windsor (Old Walmart)

Tuesday, March 13th

Tonight in Thompsonville
Check out Michelle's booth at this TINT event!

Time: 6-7:30p

Location: St. Patrick's Church

Wednesday, March 14th

RD Snacking Faves!
Celebrate National RD day by trying some of Michelle's favorite snacks!

Time: 11a-1p

Location: In-store

Tuesday, March 20th

Break-the-Fast Sampling
Need some breakfast inspiration, check in with Michelle for some fresh ideas.

Time: 10:30a-12:30p

Location: In-store

Saturday, March 24th

Produce Department Tour & Tasting
Here's your last chance to check out this educational and tasty Produce tour. Sign up in advance, space is limited!

Time: 9:30-10:15a

Location: Produce Department

Thursday, March 22nd

ERfC's Student Shoppers
Michelle visits an afterschool Program to discuss healthy eating on a budget prior to their field trip to the store next week. This is a closed event for ERfC participants only.

Time: 3:30pm

Location: Henry Barnard Elementary

Tuesday, March 27th

Dietitian Salmon Dishes!
See Michelle for a sample of one of her favorite salmon dishes that you can take home and make for your own family!

Time: 12-2p

Location: In-store

Thursday, March 29th

ERfC's Student Shoppers
The afterschool program has their field trip to the store to learn tried and true life skills at the grocery store. This is a closed event for ERfC participants only.

Time: 4:15p-5:45p

Location: In-store

FREE NUTRITION SERVICES



DIETITIAN

Michelle Mattia, RDN
Retail Dietitian

860-253-4173

Michelle.Mattia@wakefern.com

Looking to cut corners at dinner time? Check out our Meal Makers program where all ingredients are measured, portioned and included with little to no waste! Three recipes are offered weekly; see Michelle or the Foods To Go Department for more info!

