

SUNDAY

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

March is National Nutrition Month!!

				1	2	3 Quick Dinners 11a-12p South Philly Free Library
4	5 Office Hours 9a-3p	6 Community Demo 12:30p-1:30p Courtyard Apts.	7 Health Expo 4p-6p South Philly Free Library	8	9	10 Office Hours 9a-3p
11	12 Office Hours 9a-3p	13	14 Registered Dietitian Day "Meet-and-Greet" In-Store	15 PEERS group 11a-1p Jefferson Health	16 Office Hours 9a-3p	17 St. Patrick's Day 
18	19 Adult Culinary Workshop 6p-8p In-Store	20 Office Hours 9a-3p	21 Office Hours 9a-3p	22	23 Office Hours 9a-3p	24 Kids Culinary Workshop 3p-5p In-Store
25 CHOP Celiac Education Day 8a-4p University City	26 Office Hours 9a-3p	27	28 Whole Grains Sampling Day 10a-2p In-Store	29	30 Office Hours 9a-3p	31 Office Hours 9a-3p

MONTHLY FOCUS
Dietitian's Dish



DIETITIAN

Matthew Whipple
Registered Dietitian

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"Spice Up Your Life"
-Spice Girls

FREE NUTRITION SERVICES



Adult Classes are \$20 per person
Kids' Classes are \$20 for first child, \$10 for each additional child (up to 3 additional children)
Space is limited; please visit our customer service counter to reserve your spot today!



EVENT DETAILS

<p>March 3rd QUICK DINNERS This is a monthly 1-hour class and demo for adults looking for quick and easy, nutritious dinner ideas. Classes will be held at the Free Library at Broad and Morris.</p>	<p>March 7th HEALTH FAIR South Philly Free Library located at Broad and Morris holds a monthly health fair with vendors and information from health agencies from all across the city.</p>	<p>March 14th REGISTERED DIETITIAN DAY "MEET AND GREET" Come celebrate your ShopRite dietitian and learn about the latest Well Everyday campaign "Dietitian's Dish!" FREE Recipe Books will be signed!!</p>	<p>March 19th ADULT COOKING CLASS We're kicking off a monthly 2-hour cooking class right here in the store. There is a \$20 fee and registration is required.</p>
<p>March 24th KIDS COOKING CLASS We're kicking off a monthly 2-hour cooking class right here in the store. There is a \$20 fee and registration is required.</p>	<p>March 28th WHOLE GRAINS SAMPLING DAY Come taste some of the many nutrient-packed whole grain products carried throughout the store and learn about the nutritional powerhouse that these foods provide!</p>		

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