



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Store Closed for Easter Sunday	2	Nutrition Counseling Available Most Days Please Call for an appointment (609) 953-7700 ext. 7	4 Kids Can Cook Time: 4:00pm Location: Pinelands Library	5	6 What's For Dinner? Time: 11:00am - 1:00pm Location: Meat Dept.	7
8	9 Adult Culinary Workshop Time: 6:30pm - 8:30pm Location: Café	YCP Nutrition Lesson Time: 12:30pm Location: Neeta School Weight Loss Support Group Time: 6:00pm Location: Conference Room	11 Nutrition Presentation Time: 9:00am - 10:00am Location: Ashbrook Elem. School	12 YCP Store Visit: Lawnside Time: 9:00am - 12:00pm Location: ShopRite of Lawnside	13	14
Girl Scouts Strong Girls, Healthy Living Conference Time: 10:00am - 2:00pm Location: Seneca High School	16 Kids Culinary Workshop Time: 3:30pm - 5:30pm Location: Cafe	17 Snack Attack Time: 4:00pm Location: Pinelands Library	18 Girl Scouts Store Visit Time: 6:00pm Location: Cafe	19	20	21
22	23 Kids Culinary Workshop Time: 3:30pm - 5:30pm Location: Cafe	24	25 YCP Store Visit: Neeta School Time: 9:00am - 12:00pm Location: ShopRite of Medford	26	27	28
29	30					

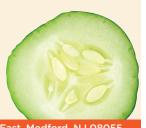


Beth Ann Peterson, RD Domenica Toscani, RDN Retail Dietitian

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FREE NUTRITION SERVICES

- Nutrition Counseling
- Community Events
- Store Tours
- Health Screenings
- Kids' Nutrition Education Programs



EVENT DETAILS

Wednesday, April 4, 2018

Kids Can Cook

Hey Kids! Join the dietitians to learn about healthy eating. We'll also make a nutritious meal! Sign up required online at: www.bcls.lib.nj.us

Time: 4:00pm

Location: Pinelands Library

Wednesday, April 11, 2018

Nutrition Presentation

The 2nd and 3rd graders of Ashbrook Elementary School with learn how to "fuel better!"

Time: 9:00am

Location: Ashbrook Elementary School

Tuesday, April 17, 2018

Snack Attack

Hey Kids! Join the dietitians to learn about healthy eating. We'll also make a nutritious snack! Sign up required online at: www.bcls.lib.nj.us

Time: 4:00pm

Location: Pinelands Library

Friday, April 6, 2018

What's For Dinner?

Stop by for a sample and take a recipe you can use for tonight's dinner.

Time: 11:00am - 1:00pm Location: Meat Dept.

Thursday, April 12, 2018

Young Consumer Program: Store Field Trip

Lawnside Elementary School's 4th graders will be taking a field trip to the store to practice shopping for healthy foods for a family of four!

Time: 9:00am - 12:00pm

Location: ShopRite of Lawnside

Wednesday, April 18, 2018

Girl Scout Store visit

The Girl Scout Troop of Tabernacle learn about "Healthy Eating" to earn their badge.

Time: 6:00pm Location: Cafe

Monday, April 9, 2018

Adult Culinary Workshop "Spring Favorites"

Sign up at our Customer Service Desk or online at ZalliesFreshKitchen.com

Time: 6:30pm - 8:30pm

Location: Café Cost: \$20

Saturday, April 15, 2018 NATIONAL REGISTERED DIETITIAN DAY

Girl Scouts' Strong Girls, Healthy Living Conference

Presentations to Girl Scouts on "Fueling for Your Best Life"

Time: 10:00am - 2:00pm Location: Seneca High School

Monday, April 23, 2018

Kids Culinary Workshop

For St. Mary of the Lakes Girl Scout Troop "Breakfast-For-Dinner Fun"

THIS CLASS IS FULL

Time: 3:30pm - 5:30pm

Location: Cafe

Tuesday, April 10, 2018

Young Consumer Program Nutrition Lesson

The dietitians will be visiting 4th grade students in preparation for their field trip to the store to practice shopping for healthy foods for a family of four.

Time: 12:30pm - 1:30pm

Location: Neeta Elementary School

Monday, April 16, 2018

Kids Culinary Workshop

For St. Mary of the Lakes Girl Scout Troop "Breakfast-For-Dinner Fun"

THIS CLASS IS FULL

Time: 3:30pm - 5:30pm

Location: Cafe

Wednesday, April 25, 2018

Young Consumer Program: Neeta School Store Field Trip

Neeta Elementary School 4th graders will be taking a field trip to the store to practice shopping for healthy foods for a family of four!

Time: 9:00am - 12:00pm Location: ShopRite of Medford



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