

GRADE A CINGARI SHOPRITE

JANUARY 2023 EVENTS

WITH OUR DIETITIANS



Did you know that the ShopRite of Commerce & the ShopRite of Shelton offers complimentary nutrition services, including individual counseling, workshops, culinary demonstrations and more?

Call your in-store dietitian to learn more!



Virtual Nutrition Class: Building Healthy Habits in 2023

Tuesday, January 11th from 3:00-4:00pm

The Grade A Dietitians give tips for living your healthiest life in the New Year!

Virtual Kid's Cook-Along Class

Monday, January 16th from 2:00-3:00pm

Kids of all ages prepare healthy recipes from their own kitchens!

Virtual Diabetes/Prediabetes Support Group

Wednesday, January 18th from 12:30-1:15PM

Discuss nutritional strategies for managing blood sugar

Virtual Cooking Showcase: Sneaky Swaps

Monday, January 23rd from 2:30-3:30pm

Join the Grade A ShopRite dietitians as they use their favorite healthy swaps to create delicious & nutritious dishes!

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