



# ShopRite of Stirling

## Free Nutrition Services



with our Registered Dietitian

*Our complimentary Nutrition Services Include:*



Individual Nutritional Counseling  
Menu Ideas and Recipe Makeovers  
In-Store Health Screenings & Advice



Shop with the Dietitian  
Educational Group Store Tours  
Cooking Demos & Food Tastings



Kid's Healthy Eating Events  
Community Health & Wellness Programs

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Log onto [shoprite.com](http://shoprite.com) and click on the Health and Wellness section, where you can view a calendar of health events that are happening in your local area.



*Your Health and  
Wellness Resource*