

ShopRite Store Tour for Stamford Public Schools Parents

Join in-store Dietitian, Cora Ragaini, and Chartwells Resident Dietitian, Sarah Maver, at Grade A ShopRite of Commerce Park for a Store Tour! Cora will guide you through the isles and give you the must-have tips for making your grocery shopping trips quick, easy, and efficient. Sarah will discuss the balanced meals served at schools and how to make similar meals at home. Sarah and Cora will go over label reading, shopping sales, and the best foods for making family meals. You don't want to miss this!

Who: All parents of Stamford Public School Students are welcome

What: Personalized store tour led by two local Dietitians

Where: Commerce Park ShopRite, 1990 West Main Street, Stamford

When: May 15th 10am-11:30am AND May 22nd 5:30-7pm

How: Tour is FREE, but spots are limited so you must pre-register.

To register please e-mail sarah.maver@compass-usa.com or call Sarah at (203) 526-9542

All participants will receive:

- Nutritional information
- Product Coupons
- 1 Free School Breakfast and 1 Free School Lunch Coupon
- Entry into a raffle for a school-food gift basket

For any questions please call Sarah at (203) 526-9542

