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March 26th 2014: Enjoy the Taste of Eating Right

March is National Nutrition Month. This year's theme is "Enjoy the Taste of Eating Right". Food and food combinations are an important factor in attaining and maintaining a good measure of health. We all know we are responsible for what we put into our mouths. Rachel Robinson RD, a Registered Dietitian, provides insight on how she uses her position to provide health and wellness education to benefit customers, associates, and the community partners of ShopRite. Helping customers with various dietary questions, menus, and food choices are a great way to service the community. There are n

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Featured Guest



Rachel Robinson

Rachel Robinson, RD is the in-store Registered Dietitian at ShopRite of Kingston. As a retail dietitian for ShopRite, Rachel is responsible for providing health and wellness education and outreach to ShopRite associates

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