



My name is Samantha Nuzio and I am the Registered Dietitian that will be taking over Rachel Simperts' position at the ShopRite of Hillsborough. I completed my undergraduate education and dietetic internship with Rutgers University and will be returning there to receive my masters degree. I have been working in the clinical setting over the last sixteen months but I have always had a passion for health and wellness. Therefore, I could not be more excited when the ShopRite of Hillsborough opportunity presented itself!

I would just like to remind everyone that our nutrition services are FREE and I would love the opportunity to work with you in the near future! If you are not familiar with our services; we offer free one-on-one consultations, store tours, weight management classes, smoking cessation classes as well as food demos and presentations in the store and in the community. Just a reminder, please give me four to six weeks notice prior to setting up a program as the calendar needs to be set before the first of the month and I want to be able to accommodate everyone!

Also, I would like to let everyone know that I will be starting the FREE Eat Well Be Happy six week weight management program and a FREE four week smoking cessation class. Both programs will start the first full week in January. There are still spots available if you are interested, or know someone that might be, please sign up with courtesy.

If you are in the store shopping, please stop in and say hello! I have attached my calendar for January, so be sure to check out what is coming up! Have a wonderful holiday season and a Happy New Year! I am looking forward to working with you.

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