

# Wakefern Food Corporation

**CONTACT:**

**Elisabeth Loeb, Wakefern Food Corp.**  
**(732) 906-5156**  
**Elisabeth.Loeb@wakefern.com**

## **Wakefern Food Corp. Launches Health & Wellness Program Series of Health and Fitness Initiatives Designed to Promote Healthy Living**

Keasbey, NJ; October 28, 2009 – As part of a series of health and wellness initiatives, Wakefern Food Corp. kicked off a cardio campaign at the company's 2-day inaugural Fitness & Wellness Celebration recently.

Nearly 200 Wakefern associates put on their running shoes to boost their cardio health and embrace a more active lifestyle with a fun run at Thomas Edison Park in Middlesex County. The event was designed to encourage registered participants of all skill levels to walk or run their way towards a lifestyle of wellness, as part of the Wakefern Health & Wellness program.

“We are continuously looking for ways to motivate and support our associates in their efforts to achieve a healthier lifestyle,” stated Ann Burke, vice president of Human Resources for Wakefern Food Corp. “By facilitating activities such as the Fitness & Wellness Celebration, we hope to cultivate a working environment that embraces the importance of physical activity in our every day lives.”

The Fitness & Wellness Celebration is only one in a series of events designed to promote healthier associate living. As part of the ongoing campaign, associates will be invited to take part in other programs such as diet and nutrition advice from the corporate dietitian, health screenings, smoking cessation, healthy living assessments offered by Aetna, discounted fitness club memberships, on-site exercise classes and a host of other initiatives.

“With the rising costs of healthcare,” continued Burke, “It is in all of our best interests to remain strong and healthy –it helps keep costs down for our associates and for our company, but it is also a great way for people to embrace the idea of living right and staying well. We look forward to adding more programs to our menu.”

### **About Wakefern Food Corp.**

From a small, struggling cooperative with eight members – all owners of their own grocery stores – Wakefern Food Corporation has grown into the largest retailer-owned cooperative in the United States and one of the largest employers in New Jersey. The cooperative is comprised of 45 members who individually own and operate supermarkets under the ShopRite banner. Today, Wakefern, the merchandising and distribution arm of the company, and the more than 200 ShopRite stores located throughout New Jersey, New York, Connecticut, Pennsylvania, Delaware and Maryland employ more than 50,000 people.