

## September is Family Meals Month!

September is National Family Meals Month™, an industry-wide movement to raise awareness of the benefits of frequent family meals. Help bring families back to the table to share one more meal at home per week.

Download the [retailer toolkit](#).

*Ideas to promote family meals month in your store:*

- Family Meals Scavenger Hunt  
Encourage families who are shopping together to shop for a recipe the family can cook up together.
  - [Chicken Teriyaki Bowls](#)
  - [Meatball Orzo Soup](#)
- Have a competition with neighboring retailers for employees to #RaiseTheirMitt to commit to more family meals.
  - Create a bulletin board in the breakroom or by the time clock to share the photos and share employee testimonials about what one more family meal per week means to them.
- Suggest budget-friendly meals
  - Utilize the weekly circular and adapt a [recipe](#) to what is on sale that week.

## Back to School

Back to school means back to busy schedules and routines. But, it's also a great time of year to help families get back into the swing of things of preparing family meals, packing lunch boxes, and prep healthy snacks.

- Help families spruce up school lunches:
  - Print out this [Build Your Own Healthy Lunchbox](#) or [Build a Better Sandwich](#) guide to help kids plan what they're going to pack.
  - Listen to the Healthy Family Podcast for more ideas for [packing lunches for kids and teens](#).
- Research the schools in your area
  - Find out what your local school's meal guidelines are. Is it a nut-free facility? Round up peanut-free and nut-free alternatives. Turn it into a fun store demo by doing a tasting.
    - Have a kids' class coming up? Do a blind taste test and having them fill out a sensory analysis of what they enjoyed from each one.
- Share your ideas!
  - Show us how your customers and employees are [Powering Your Lunchbox](#). Show us using #PowerYourLunchbox on Instagram for a chance to win weekly prizes.

**Cross-merchandising ideas:**

- Line up apple slicers next to the apples. Create a sign or suggest tips on [how to prevent sliced apples from browning](#).
- Place your favorite healthy marinade to the fresh-cut veggies with a sign for cooking tips.
  - Most likely everyone is shopping around with their phone, so add a note at the bottom to take a picture of the tip!
- Feature your favorite whole grain bread in the deli department to encourage [building a better sandwich](#).

Looking for healthy, family-friendly recipes to share with shoppers? Our recipes are approved by a registered dietitian, taking the guesswork out of planning healthy and delicious meals!

- [Apple Pie Snack Bars](#)
- [Italian Grilled Chicken & Veggies](#)
- [Flourless Raspberry Banana Pancakes](#)