



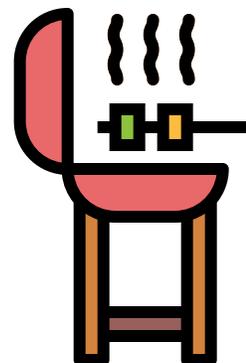
JULY 2020

Retail Dietitian Newsletter

National Picnic Month

4th of July

Summer Dishes



MONTHLY THEMES



4th of July

Saturday, July 4, 2020

Red, White, and Blue produce and ingredients are going to be the star of this holiday celebration.

American Flag
Toast



Summer Picnic

Summer is the perfect time to pack a picnic and head to the local park for some family time. You can enjoy fresh air, sneak in some exercise and enjoy some tasty dishes. Make sure to pack your basket with fresh and tasty recipes using fresh produce at season's peak!



DEMOS & EVENTS

Get to Know a Farmer

Highlight summer produce all month long. Sample different fruits and vegetables. Bonus: Highlight local items if working with local farmers.

See if a farmer can go on a Facebook Live for an "Ask the Farmer" Q&A



Field Day

Connect with local community members and business and host a field day at the park with different activities, a picnic lunch, music, and fun!

- *Get your fellow employees involved and ask them to be part of the planning committee.*
- *Talk to brands to send samples or donations to help provide food for this event.*



**Show us your demos
and events in action!**

We  RDs
by Produce for Kids®



What's in Season?



Print the "What's In Season" guide and hang in the produce department

Demo idea: Do a stone fruit tasting and/or sensory analysis with various stone fruit

"Stone fruit" is more of a culinary term than a botanical one. It comes from the stone-hard covering found around the single large seed at the fruit's core. Peaches, nectarines, apricots, plums and their hybrids are best ripened at room temperature, stem-end down. Don't refrigerate fruit before it's ripe, or it may develop unappetizing wrinkled skin and mealy flesh..

Recipe inspiration: [Peach Pie Smoothie](#)



Botanically, tomatoes are fruit, even though they often are referred to as vegetables thanks to an 1893 government classification for trade purposes. Tomatoes are best during summertime when ripe off the vine. Store tomatoes at room temperature or between 55 degrees and 65 degrees Fahrenheit.

Recipe inspiration: [Pesto Zoodles with Tomatoes](#)

Did you know? Red bell peppers are simply green bell peppers that have been left on the vine to continue to ripen. Red bell peppers are simply green bell peppers that have been left on the vine to continue to ripen.

Recipe inspiration: [Breakfast Stuffed Peppers](#)



Demo Idea:

Produce Pick of the Week >

Feature different produce each week within a recipe or pair it with a complementary food.

Recipe idea: [Peach Tomato Salsa](#)

RECIPE INSPIRATION

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!



This month we are featuring simple summer recipes! During this time, many shoppers are looking for easy no cook ideas, grilling recipes, or something that can stand up to the summer heat!



Arugula-Quinoa Salad with Fresh Peaches



Grilled Chicken & Veggie Kabobs



Rainbow Italian Pasta Salad

*Cross merchandise idea:
Display all your outdoor picnic and cooking essentials throughout the store. Think grilling tools, coolers, reusable water bottles, etc.*



Resources



30 No-Cook Meals for Summer



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20 Healthy Picnic Friendly Recipes



Tips for Grilling Fruits & Veggies



Tips for Grilling Fruits & Veggies

30 Healthy Red, White, & Blue Recipes



30

Healthy Red, White & Blue Recipes

