



**JUNE 2020**

## *Retail Dietitian Newsletter*

**National Fresh Fruit & Veggie Month,  
Celebrate Father's Day, and  
Get Ready for Summer Cookouts**

We may be biased, but we believe every month should be fruit and veggie month! Highlight what's in season this month celebrating Father's Day and summer cookouts.

*A note from Produce for Kids: We understand it is a hectic time in supermarkets during the COVID-19 pandemic. We thank you for all your hard work in helping customers, whether at this time, it's not your traditional retail RD role. Thank you for those who filled out the survey so we can provide resources that you can utilize at this time.*

# MONTHLY THEMES



## Celebrate Father's Day

Sunday, June 21, 2020

*Breakfast in bed doesn't have to just be on Mother's Day. Share delicious breakfast ideas that kids can make for their dads!*

Flourless Raspberry  
Banana Pancakes



## Celebrate Summer Vacation

*Even though school has looked a little different these past few months, families have already or just about wrapping up the school year. Have a fun family cookout. Get the family involved with these cookout ideas.*

Cross-merchandise idea:  
Display grilling recipes by the  
grilling tools.



**DIY spice blend:** 2 tablespoons basil, 2 tablespoons oregano, 2 tablespoons kosher salt, 1 tablespoon parsley flakes, 1 tablespoon dried minced onion, 1 teaspoon black pepper

# DEMOS & EVENTS

## Hydration Station

Share and sample simple ways to infuse water with produce. Some combination ideas:

*Basil + Cucumber*

*Lemon + Raspberry*

*Grapefruit + Mint*

Cross merchandise with showcasing reusable water bottles.



## Virtual Cooking Class

Host a virtual cooking class or demo.

- Pick a recipe ahead of time and send it out to people who are interested in participating, so they have time to make sure they have the ingredients.
- Then schedule a date and time to host a virtual cooking class from your home or store. Virtually cook together to create a delicious meal.

**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

Cross-merchandise idea: Highlight tools like a serrated knife or melon baller next to watermelon

How to pick a ripe watermelon: Big or small, the watermelon should feel heavy for its size. Look for the yellow spot. Watermelons develop a splotch where they rest on the ground. When this splotch is creamy yellow, it's ripe.

Recipe inspiration: [Watermelon Salsa](#)



Did you know? An ear or cob of corn is actually part of the flower and an individual kernel is a seed. On average an ear of corn has 800 kernels in 16 rows.

Recipe inspiration: [Grilled Corn with Lemon Basil Yogurt Sauce](#)

Did you know? There are around 375 species of blackberry, which are found in almost all parts of the world. The ideal temperature for blackberry production is between 80 and 85 degrees.

Recipe inspiration: [Mini Fruit Tarts](#)



## Demo Idea:

Produce Pick of the Week >

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

# 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 pantry staple recipes! A well-stocked pantry can be a game-changer when it comes to creating healthy meals when trips to the grocery store become limited. As the world is dealing with the COVID-19 pandemic, many families are finding themselves staying home and in need of easy recipes to make.*



Chicken Caesar  
Salad Sandwich



Sweet Potato & Black  
Bean Quesadillas



No-Bake  
Granola Bites

*All employees are working extra hard these days as everyone is all hands on deck. Connect with your favorite brands to get some samples to share with employees. Many brands and companies are generously donating to those on the front line.*



# Resources



## Build a Better Burger

**Pick Your "Bun"**

- Whole Wheat Bun
- Whole Wheat Pita
- Whole Wheat Tortilla
- Lettuce Wrap
- Going Bun-less

**Choose Your Protein**

- Lean Ground Beef
- Ground Turkey
- Ground Chicken
- Grilled Portabella
- Veggie Burger
- Black Bean Burger
- Bison
- Salmon Burger
- Eggplant

**Load on the Produce**

- Lettuce
- Tomato
- Onion
- Peppers
- Mushrooms
- Pickles
- Pineapple
- Cucumbers
- Avocado
- Spinach
- Jalapenos
- Mango

**Sauce It Up**

- Ketchup
- Mustard
- BBQ Sauce
- Relish
- Lowfat Mayo
- Greek Yogurt
- Tzatziki Sauce
- Guacamole
- Hummus
- Salsa
- Garlic Aioli
- Cranberry Sauce
- Lowfat Ranch
- Hot Sauce
- Pesto

**Other Optional Toppings**

- Lowfat Cheese
- Coleslaw
- Fresh Herbs

Visit [produceforkids.com](http://produceforkids.com) for healthy recipes & tips!



[Build a Better Burger](#)



[Food Drive Toolkit](#)



[Guide to Choosing the Best Produce](#)