



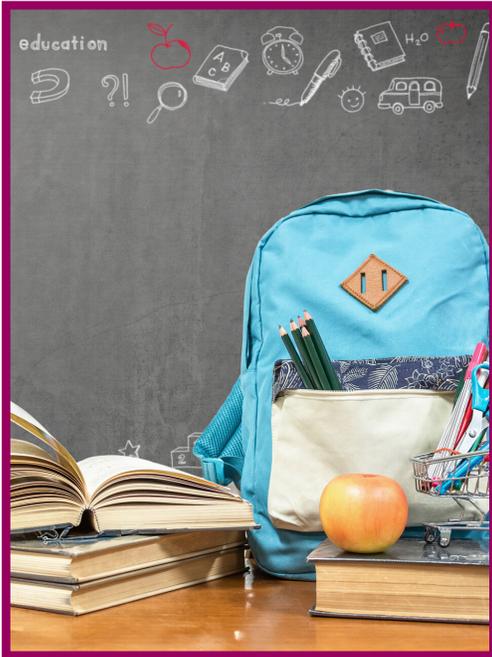
AUGUST 2020

Retail Dietitian Newsletter

Back to School



MONTHLY THEMES



Back to School

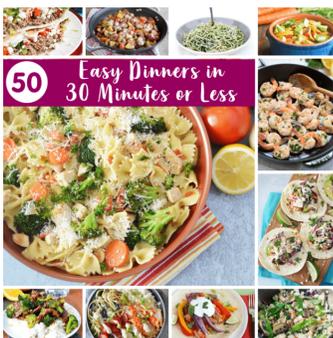
Support students as they get ready to go back to school. Highlight the new lunchboxes, reusable water bottles, and healthy snacks to help them prepare.

Breakfast Wafflewich Bento Box



Simple Family Meals

Get back into the routine of sharing dinner table. This will give you time to talk as a family and develop healthy eating practices.



50 Easy Dinners in 30 Minutes or Less



DEMOS & EVENTS

Virtual Cook Along Class Meal Kits

Put together a meal kit box for customers to purchase with all the ingredients to a recipe. Then schedule a night to host a virtual cook along cooking class cooking the recipe together.

Connect with brands to get samples and coupons to put in the meal kit boxes.



Snack Class

Whether you are able to host a class in the store or virtually, connect with children to create fun after school snack together.



Dietitian's Tip

Share on social media and tag Produce for Kids

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 grape tasting and/or sensory analysis with various grapes. (include cotton candy grapes too!)



Look for grape bunches with green, pliable stems and plump berries. Do you see a powdery-white coating on the grapes? That's bloom and it's good! Bloom is a naturally occurring substance that protects grapes from moisture loss and decay.

Recipe inspiration: [How to Freeze Grapes](#)



There are two types of green beans. Pole beans grow much like a climbing vine and require a stake or trellis. Bush beans spread up to two feet and do not require structural support. Bean pods can be green, yellow, purple, or even speckled with red!

Recipe inspiration: [Roasted Potatoes with Green Bean and Carrots](#)

Botanically, eggplant is a berry, just like blueberries, watermelon, or tomatoes. In botany, a berry is a fruit in which the entire ovary wall ripens into an edible, relatively soft pericarp. Culinarily, it's a vegetable, as it's used in main dishes and not eaten for sweetness.

Recipe inspiration: [Ricotta Stuffed Eggplant Rollatini](#)



Demo Idea:

Produce Pick of the Week >

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

Recipe idea: [Mini Zucchini Bread Muffins](#)

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!



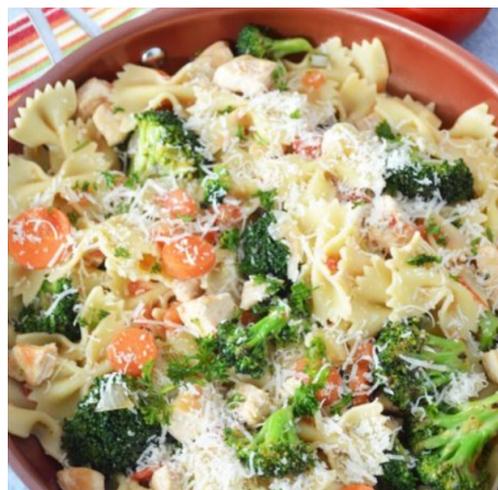
This month we are featuring simple dinners recipes! During this time, families are getting back in routine with school starting and after school activities. Try one of these simple dinner recipes to get a healthy meal on the table.



Easy Vegetable
Naan Pizza



Sheet Pan
Shrimp Fajitas

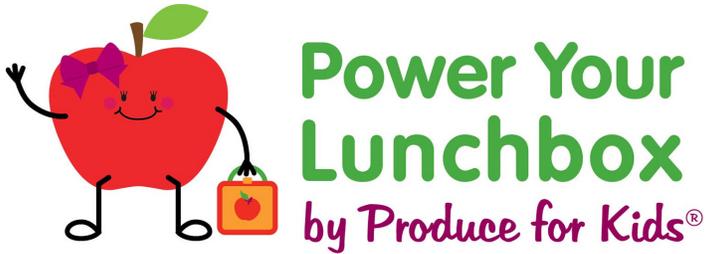


Lemon Chicken &
Veggie Pasta

*Cross merchandise idea:
Make meal planning easy for customer. Set up a "meal of the week" display with a recipe card and all ingredients and kitchen equipment needed for the recipe.*

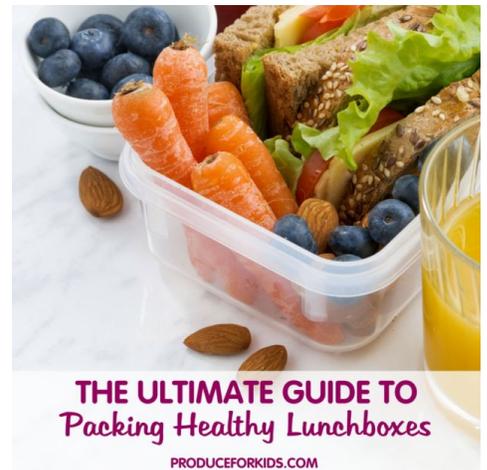


Resources



[Power Your Lunchbox](#)

[The Ultimate Guide to Packing Healthy Lunchboxes](#)



[34 Non-Sandwich Lunchbox Ideas](#)

[Lunchbox Tips & Tricks](#)

