

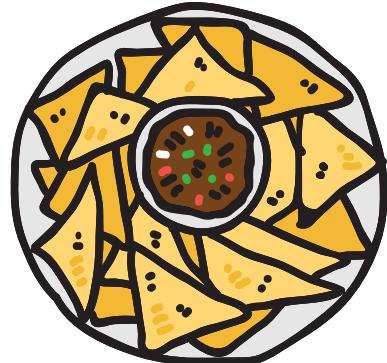
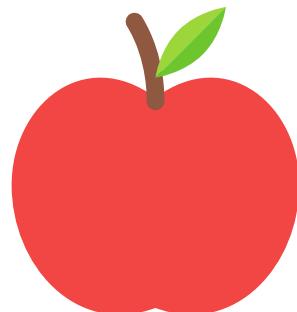


SEPTEMBER 2020

Retail Dietitian Newsletter

Family Meals Month

Fall Foods Tailgating



MONTHLY THEMES



Family Meals Month

Each September, our country celebrates National Family Meals Month™ -- a nationwide event designed to support families in enjoying more meals together using items purchased at the grocery store and, as a result, reap the many health and social benefits of doing so.

Fall Foods

As the seasons are changing, make sure the produce in your basket. Produce in season is more abundant, so it is less per pound in the store. If you are buying produce that is out of season, there is travel, time and added expenses to grow it in a greenhouse.



Tailgating

Doesn't matter if you are there to watch the game or just there for the food! Create better-for-you snack options for all sports lovers and non-sports lovers to enjoy!

DEMOS & EVENTS

Game Day Bites

If you are ready for the big game or just there for the food, small bite recipes will be a hit. Bonus, pack in as much produce as you can!



Need some ideas?
[CLICK HERE](#)

Build a Better Lunchbox

Whether you are able to host a class in the store or virtually, create "out of the box" lunchbox meals.

**If teaching virtually, send the ingredients needed, so parents will have time to shop for ingredients before the class.*

*Encourage families
to take this class
together!*



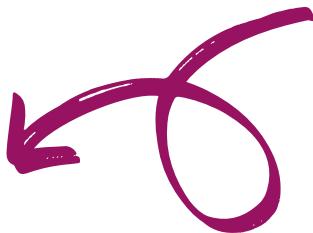
**Share on social media and
tag Produce for Kids**

@ShopRite.LincolnPark

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 an apple tasting and/or sensory analysis with various apples



Every time you bite into an apple, you're biting into a dose of powerful nutrition. A medium apple packs in 17% DV (Daily Value) of fiber, 14% DV of vitamin C, and 6% DV of potassium.

Recipe inspiration: [Caramel Apple Yogurt Parfait](#)



Mushrooms are the only source of vitamin D in the produce aisle and one of the few non-fortified food sources. Vitamin D helps build and maintain strong bones by helping the body absorb calcium. Vitamin D is available via diet, supplements and sunlight, which is why it is also referred to as the "sunshine vitamin."

Recipe inspiration: [Cheesy Quinoa Stuffed Mushrooms](#)



Did you know? Raspberries have more fiber than any other berry: 9 grams per cup or 36% DV. Offer convenience and consistent quality right out of the freezer, so consumers can enjoy them all year round.

Recipe inspiration: [Raspberry Hand Pies](#)

Cross-Merchandise

With the Non-Foods Department ➤

Place peelers or apple slicers near the apples in the produce department. Cross-merchandise even more and recommend best pairings to go with apples, like cheese, nut butters, etc.

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!



It's Family Meals Month. This month we are featuring simple dinners recipes! Try one of these simple dinner recipes to get a healthy meal on the table.



[Pizza-Bella Stuffed
Mushrooms](#)



[Fall Harvest Salad
with Apple Cider
Vinaigrette](#)



[Crispy Baked Tofu
with Ginger Soy
Sauce](#)

*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

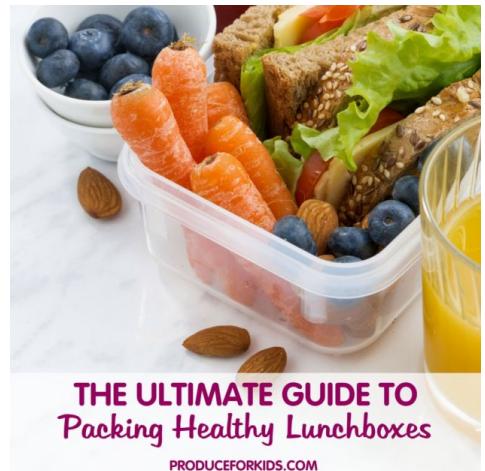


The Ultimate Guide to Packing Healthy Lunchboxes



35 Healthy Game-Day Recipes

Power Your Lunchbox



Family Dinner Conversation Starters

