



OCTOBER 2020

Retail Dietitian Newsletter

Halloween Fall Foods



MONTHLY THEMES



Fall Foods

It's officially the fall season. Time to enjoy the cool crisp weather and the fall flavors. Eating seasonally will not only save your customers money, but also add variety to their diet.



**GROCERY SHOPPING
HACKS TO SAVE MONEY
ON FRESH PRODUCE**

Halloween

Before going out trick-or-treating this year, encourage families to enjoy a meal together. Stressed out about Halloween candy? Check out this article about [how to handle Halloween candy craziness](#) by Produce For Kids' RD Sally Kuzemchak.



DEMOS & EVENTS

Freaky Fruit Friday

Introduce customers to more unique produce and fun ways to add them into their Halloween festivities. Check out these [Freaky Fruit ideas](#) to get you started!



Fruit & Veggie Carving Contest

Move over pumpkins! Get kids to get a little more creative by carving various fruits and vegetables to enter to win a fun prize!

Host a Healthy Halloween Cooking Class

[Click here for recipe inspiration!](#)

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



Join our nutritionists LIVE online!



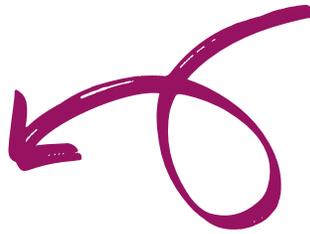
Share on social media and tag Produce for Kids

We  RDs
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What's in Season?



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

Display a DIY pumpkin spice guide with the spices near the pumpkins



One cup of canned pumpkin has about 7 grams of fiber (about 20% of the recommended daily amount). Show customers how to make their own pumpkin puree from a whole pumpkin.

Recipe inspiration: [Kid-Friendly Pumpkin Spice "Latte"](#)

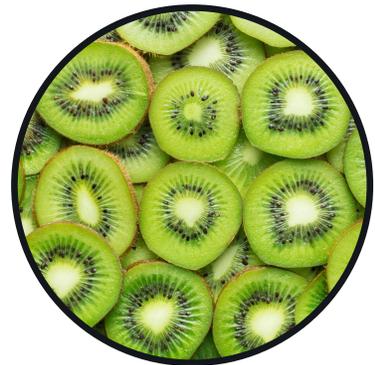


Pears have vitamin C with each medium-sized pear offering approximately 7 mg, which is 8% of the daily value. Pears also naturally contain phytonutrients and other antioxidants, a variety of which are found in the vibrantly colored skins of the different pear varieties

Recipe inspiration: [Instant Pot Spiced Pear Oatmeal](#)

Most people associate oranges with their high vitamin C content, but a serving of kiwi fruit (2 small kiwis) has even more vitamin C than a medium size orange.

Recipe inspiration: [After School Snack Board](#)



Cross-Merchandise

With the Meat Department



Some fruits, like kiwi, pineapple, and papaya, contain enzymes that break down the collagen in meat, making it much more tender. Mash a kiwi fruit, then spreading the pulp over the surface of the meat. After about fifteen minutes, it will be significantly more tender.

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.



Slow Cooker Chicken & Tomatoes



Quinoa Stuffed Acorn Squash

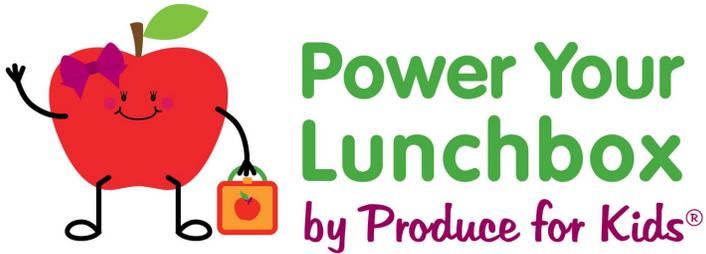


No Waste Broccoli Veggie Nuggets

*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](#)

[Allergy-Friendly Halloween Ideas with Teal Pumpkin Project](#)



[RD Resources](#)