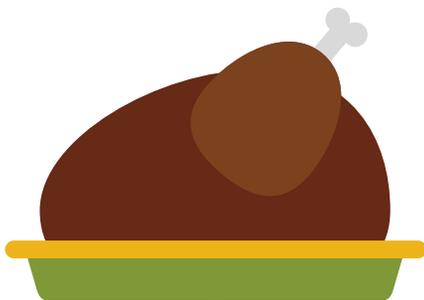




NOVEMBER 2020

Retail Dietitian Newsletter

Thanksgiving 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.

*Click
Here*



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

Thanksgiving

Thanksgiving is all about giving thanks. Create a space in the store with post-its notes for customers and employees to write what they are thankful for.



DEMOS & EVENTS

Get to Know a Farmer

Go on Facebook Live or invite a farmer into the store to share their story of their produce coming from farm to table



Cooking Classes

Let's have fun in the kitchen! Host in-person or virtual cooking classes and/or demos!



Host a Thanksgiving Sides 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.*



Share on social media and tag @healthy.family.project

We RDs
by Produce for Kids®

@ShopRite.Daleville



What's in Season?

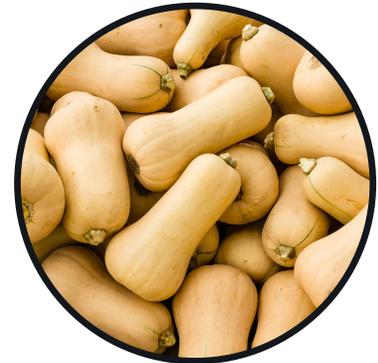


Print the "What's In Season" guide and hang in the produce department

Display simple recipes near the squash.

Winter squash differs from summer squash in that it is harvested and eaten in the mature fruit stage when the seeds within have matured fully and the skin has hardened into a tough rind. At this stage, most varieties of this fruit can be stored for use during the winter.

Recipe inspiration: [Butternut Squash Lasagna](#)



cranberries are one of only three commonly cultivated fruits native to North America. From juice to sauce and dried fruit snack, cranberries are a versatile fruit that add delicious flavor to a variety of foods.

Recipe inspiration: [No-Bake Cranberry Pistachio Energy Bites](#)

Consuming 1 cup of sprouts will actually give a whopping 195% of your daily recommendation of vitamin K and 125% of your vitamin C.

Recipe inspiration: [Orange-Soy Glazed Salmon with Roasted Sweet Potatoes & Brussels Sprouts](#)



Cross-Merchandise

With the Non-Foods Department >

Besides food, customers will be shopping for kitchen equipment for their Thanksgiving dinner. [Showcase essential kitchen equipment they may need.](#)

GUIDE TO SQUASH



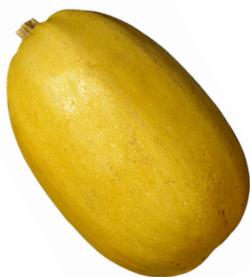
BUTTERNUT SQUASH

This is a more watery squash and tastes somewhat similar to sweet potatoes. It has a bulbous end and pale, creamy skin, with a choice, fine-textured, deep-orange flesh with a sweet, nutty flavor. Butternut is a common squash used in making soup because it tends not to be stringy.



ACORN SQUASH

As the name suggests, this winter squash is small and round shaped like an acorn. To bake acorn squash, slice into halves, scoop out the seeds and sprinkle with cinnamon and a drizzle of maple syrup.



SPAGHETTI SQUASH

This squash ranges in size from 2 to 5 pounds or more. It has a golden-yellow, oval rind and a mild, nutlike flavor. The yellowiest Spaghetti squash will be the ripest and best to eat. Although it may seem counterintuitive, larger spaghetti squash are more flavorful than smaller ones. When cooked, the flesh separates in strands that resemble spaghetti pasta.



KABOCHA SQUASH

Also known as a Ebisu, Delica, Hoka, Hokkaido, or Japanese Pumpkin. It has a rich sweet flavor, and often dry and flaky when cooked. Use in any dish in which buttercup squash would work.



DELICATA SQUASH

Size may range from 5 to 10 inches in length. The squash can be baked or steamed. The thin skin is also edible. One of the tastier winter squashes, with creamy pulp that tastes a bit like corn and sweet potatoes.

Thanksgiving Menu Ideas



Pistachio Cranberry Sauce



Vegan Green Bean Casserole



Citrus Sage Roasted Turkey



Sweet Potato Casserole



Shredded Brussel Sprouts & Apple Salad



Parmesan Roasted Acorn Squash



Mini Hasselback Potatoes



Caramelized Butternut Squash



Create an employee cookbook!

Collaborate with your fellow employees to submit their favorite Thanksgiving recipes and create a cookbook. Add suggestions and dietitian tips to make recipes healthier.

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!



Slow Cooker
Pumpkin Chili



Sesame Ginger
Salmon



One-Pot Chicken Lo
Mein

*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



[Thanksgiving 101:
Crafts, Tablescapes,
Treats, & More!](#)

[Podcast: Developing a
Positive Relationship
with Food](#)



[Recipe Box](#)