



DECEMBER 2020

Retail Dietitian Newsletter

Holidays

New Year



MONTHLY THEMES



Holidays

It's time to get in the holiday spirit! This time of the year can also be stressful. Help customers and associates with [healthy holiday meal prep ideas](#). Tips include how to stock your freezer to what healthy snacks to keep on hand.



**ASK THE PSYCHOLOGIST:
HOLIDAYS, FAMILY & STRESS**

New Years

As the clock strikes twelve, many want to kick off the new year with a fresh start. Help customers and associates to make realistic new years goals.



**RE-ENERGIZING NEW YEAR'S
RESOLUTIONS**



DEMOS & EVENTS

Fruit & Veggie "How-to"

Go on Facebook Live or demo how to cut different fruits and vegetables like how to segment a grapefruit or butternut squash



Cooking Classes

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

Host a Holiday Kids 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®

@giantfoodstores





What's in Season?



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

Display how to seed a pomegranate (see pg. 7)



Did you know? The word pomegranate means apple with many seeds. Pomegranates are full of potent antioxidants such as polyphenols and anthocyanins.

Recipe inspiration: *Pomegranate Mojito Mocktail with Cranberries*



Did you know? Celery can reach the height of 3.3 feet. Don't ditch the celery leaves. Think of the dark green celery leaves as an herb and use them as a substitute for flat leaf parsley. Just be sure to mince them finely, as you would parsley.

Recipe inspiration: *Buffalo Chicken Stuffed Celery*

Potatoes are also known as spuds. A medium 5.3 oz skin on potato has 620 mg of potassium per serving, which is 15% of the daily value and more than a medium-sized banana

Recipe inspiration: *Garlic & Parmesan Mini Hasselback Potatoes*



Cross-Merchandise With the Non-Foods Department



Besides food, customers will be shopping for kitchen equipment for their holidays dinners. Showcase essential kitchen equipment they may need.

RECIPE INSPIRATION

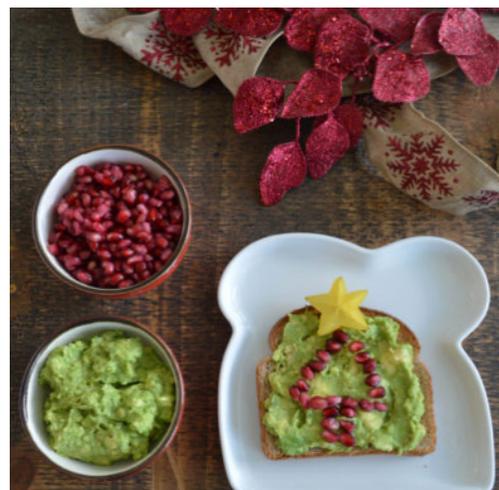
Looking for healthy, family-friendly recipes to share with shoppers? Our recipes are approved by a registered dietitian, taking the guesswork out of planning healthy and delicious meals!



Healthy Hearty
Beef Stew



Kid Friendly
Pumpkin Latte



Holiday Avocado
Toast

*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.*



How To: Seed a Pomegranate

METHOD #1



image via: <http://crystalhiggins.com/>

Cut the pomegranate in half through the equator, then hold it over a bowl of water, cut side down. With a wooden spoon, smack the skin assertively and repeatedly and watch the seeds hail down.

METHOD #2



Step 1: Use a sharp chef's knife to cut off the crown and the bottom of the pomegranate. Make four shallow knife scores along the side of the pomegranate. This will allow you to open and separate the tough outer skin and to break the fruit into pieces.



Step 2: Holding the pomegranate from the crown and the base, use gentle force to divide the pomegranate in half along the cuts. Fill a large bowl with water. Place each section into the water, then submerge and work with your fingers to loosen the seeds from the membrane.



Step 3: The seeds will sink to the bottom of the bowl, and the white membrane will float to the top. Use a spoon, strainer or your hands to remove and discard the white pieces. Pour the bowl full of pomegranate seeds and water into a strainer.

images via: <https://www.jessicagavin.com/>

Resources



[Creating New Holiday Traditions](#)

[Holiday Snack Boards: 5 Ways](#)



[8 Ways to Lighten Up Your Holiday Menu + a free e-cookbook!](#)