



February
2022

Retail Dietitian Newsletter

Valentine's Day Heart Health



Connect on social media



MONTHLY THEMES



Valentine's Day

Love is in the air. Make sure everyone is feeling the love during this holiday. Offer free tastings, send out Valentine's day cards to employees, and share the love. Drop a card in each grocery bag with your contact info.



[Valentine's Day Snack Board](#)

Heart Health

This month highlight foods and meal prepping techniques that support heart health. Connect with a local medical center to offer cholesterol and/or blood pressure testing. Offer heart healthy grocery store tours.



[Heart-Healthy Eating Tips for Your Family](#)



Recipe Inspiration



[Cherry Pear Smoothie Bowl](#)



[Hearty Vegetable Tortellini Soup](#)



[Frozen Strawberry Yogurt Bites](#)

DEMOS & EVENTS

» Grocery Store Tour

Give customers a refresher on label reading specifically looking for heart-healthy attributes. Walk them through the aisles in-store or deliver virtually online.

Heart-Healthy Grocery Shopping Tips



» Chocolate Tasting

Offer a food tasting demo or virtual class for all the chocolate lovers. Speak to the health benefits of dark chocolate and whip up some chocolate creations.



Grab 4 simple ingredients to make this simple and delicious Chocolate Yogurt Fruit Dip!



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

We RDs
by Produce for Kids®

the.food.gurus (Village Super Market)



What's in Season?



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

Make a sign next to the avocados of how to tell if an avocado is ripe.

Avocados are heart-healthy. Try substituting fresh avocado in sandwiches, on toast, or as a spread in place of many other popular foods to reduce your intake of saturated fat, cholesterol, sodium, and calories.

Recipe inspiration: [Avocado Caprese Salad](#)



The leaves on cauliflower are edible, but they do have a stronger flavor, somewhat similar to collard greens. Instead of throwing them away, you can save them to make stock. The same goes for the stems.

Recipe inspiration: [Buffalo Cauliflower Lettuce Wraps](#)

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](#)



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!



Turkey & Kale Quinoa
Stuffed Peppers



Pear and Almond
Overnight Oats



Mediterranean Lentil
Salad



Promote Heart Health Month

Throughout the whole store

Create shelf tags to highlight heart-healthy items throughout the store. What makes something qualified as "heart-health" Utilize the guide from [American Heart Association](#).

RESOURCES



Connect with fellow Retail Dietitians nationwide. Let's support each other and share different programs that are working in your store and community!

[Join the Facebook Group!](#)



20 Healthy Valentine's Day Treats

Build Your Own Veggie Soup

Build Your Own Veggie Soup

Start with 1 qt. of a low sodium base:

☐ Veggie stock
 ☐ Beef stock
 ☐ Chicken stock

Pick a protein (16 oz.):

☐ Beans
 ☐ Chicken
 ☐ Shredded Beef
 ☐ Shrimp
 ☐ Lentils
 ☐ Tofu
 ☐ Ham
 ☐ Shredded Turkey
 ☐ Steak

Add 3+ veggies:

☐ Carrots
 ☐ Celery
 ☐ Zucchini
 ☐ Onions
 ☐ Tomatoes
 ☐ Spinach
 ☐ Kale
 ☐ Broccoli
 ☐ Peppers
 ☐ Potatoes
 ☐ Mushrooms
 ☐ Corn
 ☐ Cauliflower
 ☐ Peas
 ☐ Squash

Add a whole grain (2 cups):

☐ Brown Rice
 ☐ Wheat Pasta
 ☐ Egg Noodles
 ☐ Quinoa
 ☐ Bulgur Wheat
 ☐ Barley

Add some flavor, to taste:

☐ Garlic
 ☐ Basil
 ☐ Lemon Juice
 ☐ Parsley
 ☐ Italian Seasoning
 ☐ Cilantro
 ☐ Pepper
 ☐ Chives
 ☐ Thyme

Place all ingredients except grains in slow cooker & cook on low 6-8 hours. Add grains last 30 minutes.

Foods to Fight Flu & Cold Season



HealthyFamilyProject.com

Foods that Fight Flu & Cold Season