



January  
2022

## Retail Dietitian Newsletter

# Healthy New Year, Healthy New You!



*Connect on social media*



# MONTHLY THEMES



## New Years

For many, the New Years is a symbolic new beginning, a time to improve health or make other changes. Lots of people will have resolutions and goals to help them start the year in a positive direction.



[5 Healthy New Year's Resolutions for Your Family](#)

## New Year, New You!

Instead of riding the resolution tide in January, it can actually be more effective to set your own, unique goals after some reflection a few weeks or months into the year. Help customers make realistic goals.



[8 Products for a Healthy New Year](#)



## Recipe Inspiration



[Immune Boosting Smoothies](#)



[Sheet Pan Shrimp Fajitas](#)



[Instant Pot Beef Stew](#)

# DEMOS & EVENTS

## » Demonstration Idea

What was the new hot product everyone was gifted this year? Air Fryer? Instant Pot? Food Processor? Create demos surrounding how to use these new products with delicious new recipes.

*Instant Pot Tips for Beginners*



## » Kids Class Idea

Introduce healthy habits to kids with demos & classes! Incorporate “mystery foods” within each class where they need to use their senses (sight, smell, taste, touch, and hearing) to help them explore new foods.

### Host Citrus Tasting Demo

Print out citrus infographic sheet on page 6!

*\*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®

@cookingwithkswanny (HyVee)





# What's in Season?



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

*Print out and hang the "Guide to Citrus" on page 6 in the produce department*

Citrus fruits like grapefruit, lemons, and oranges are full of Vitamin C. In the winter having a good source Vitamin C is important because it helps your immunity system! Print the citrus guide above and hang it in the produce section to help shoppers out.

*Recipe inspiration: [Citrus Asian Broccoli Slaw](#)*



Sweet potatoes are at their peak in the winter season. They're full of good nutrients like Vitamin a, Vitamin C, and magnesium. This superfood is very versatile and can be used at breakfast , lunch and, dinner!

*Recipe inspiration: [Scalloped Sweet Potatoes and Apples](#)*

Did you know that you actually can eat the skin of a kiwi! In fact, eating the whole kiwi can triple the amount of fiber intake compared to just having the flesh. The kiwi is a tasty colorful fruit that can easily brighten up any plate.

*Recipe inspiration: [Fruity Pita Sandwiches](#)*





# 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!



Stuffed Pepper Soup



Morning Glory  
Overnight Oats



Honey Mustard and  
Veggie Sheet Pan  
Dinner



## Cross-Merchandise

With the Non-Foods Department

Move blenders out of the non-foods aisle into the produce department or on the top of freezer units. Highlight the [smoothie building infographic](#) to help customers get recipe ideas.

# Guide to Citrus

*Get to know your citrus. From the exotic kumquat to the familiar navel orange, there are more than a dozen varieties of citrus fruits.*

## **Clementines**

Encircled by a thin, butter-orange peel, the petite Clementine is plump and sweetly tangy.

## **Meyer Lemon**

The hybrid Meyer Lemon features a thin, bright-yellow rind cradling light pulp and delicate juice.

## **Kumquat**

Unlike its sister orange, the Kumquat has a sweet skin that encircles surprisingly tart pulp.

## **Blood Orange**

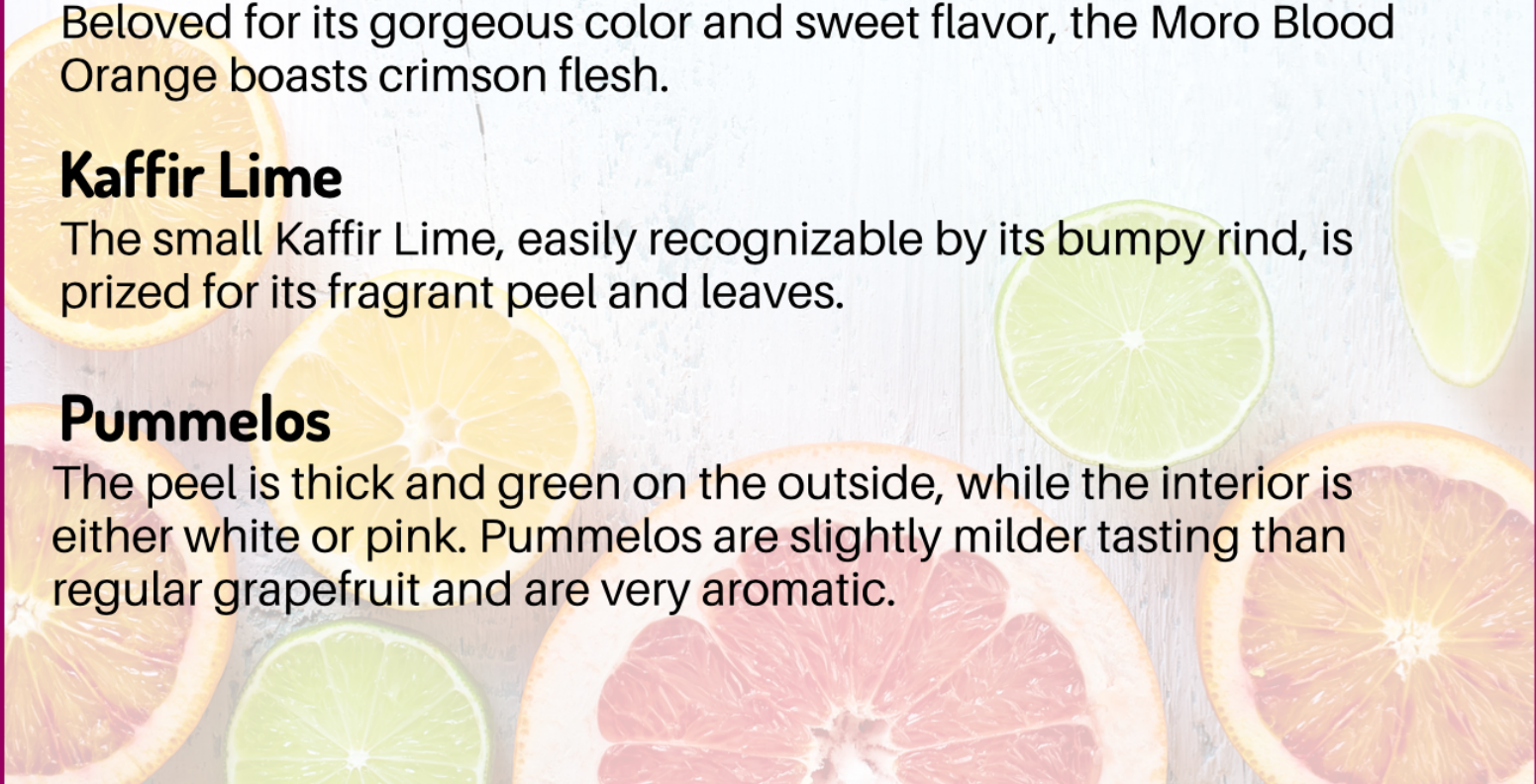
Beloved for its gorgeous color and sweet flavor, the Moro Blood Orange boasts crimson flesh.

## **Kaffir Lime**

The small Kaffir Lime, easily recognizable by its bumpy rind, is prized for its fragrant peel and leaves.

## **Pummelos**

The peel is thick and green on the outside, while the interior is either white or pink. Pummelos are slightly milder tasting than regular grapefruit and are very aromatic.





# 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!](#)



## 28 Healthy Recipes to Start the New Year

## Re-Energizing New Year's Resolutions



## New Year's Resolutions for Families