



**APRIL**

Retail Dietitian  
Newsletter

**Happy Spring**



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# MONTHLY THEMES



## Easter & Passover

Those celebrating Easter may be participating in Lent for the 40 days prior so it'll be good to promote vegetarian friendly meals for those abstaining from meat. Those celebrating Passover often avoid any leavened grain so making sure matzo is accessible along with creative spreads for it is important.



[25 Healthy Easter Recipes](#)

## Spring Cleaning

With the seasons changing people are out with the old and in with the new. Customers may be spring cleaning their homes during the month. Help them with cleaning up their diet. Create a lesson plan with simple solutions to eat well. Take customers on grocery store tours to apply their knowledge.



[6 Tips for Tidying your Kitchen](#)



## Recipe Inspiration



[Spring Fruit Wands](#)



[Fresh Spring Pasta Salad](#)



[Refreshing Watermelon Cucumber Smoothie](#)

# DEMOS & EVENTS

## » How to Naturally Dye Easter Eggs

demo how to naturally dye eggs with various foods like blueberries, beets, red onion, turmeric and spinach.



*Build a Healthier Easter Basket*



## Food for Cleaning «

Food can be doubled as cleaners. Demo how you can use food products as cleaning products.



Check out these Spring Break Snacks and Activities.



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

**We**  **RDs**  
by Produce for Kids®

# 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!



*Baked Caprese French  
Bread Pizza*



*Asparagus Puff  
Pastry Bundles*



*Protein Power  
Lunchbox*



## Cross-Merchandise

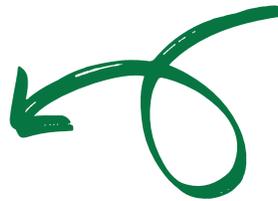
*with the Non-Foods Department*

Besides food, customers will be looking for  
flowers, seeds, and tools to start up their  
gardens. *Highlight the gardening essentials*

# whats in season



april



**Print the "Whats In Season" and hang in the produce department**

Show customers how to utilize beet greens in recipes!



Beets are heart healthy veggies rich with potassium, antioxidants, and phytochemicals which help prevent heart disease. Potassium also helps contract muscles, regulate heartbeats, and prevent plaque growth in the arteries.

*Recipe inspiration: [Rainbow Veggie Wraps](#)*



Peas are super rich in Vitamin A, C, folate, iron, and phosphorus. Fresh or frozen, in or out of the pod these are great vegetables to add to your plate. You can toss them in soups, salads, stir fries and more!

*Recipe inspiration: [Quick & Easy Tuna Pasta Salad](#)*

Did you know mangoes are one of the oldest fruits? People have been growing them for at least 5,000 years starting in India. Not only are mangoes deliciously sweet they're also packed with nutrients like fiber, Vitamin C, and Vitamin A just like many other orange produce.

*Recipe inspiration: [Pineapple Mango Chicken Stir Fry](#)*



# RESOURCES

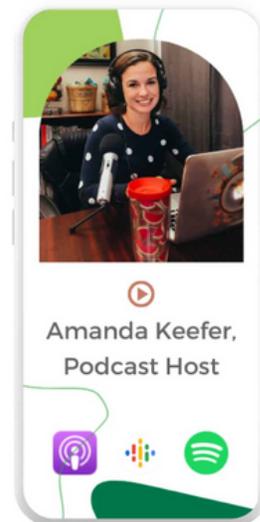


Connect with fellow dietitians nationwide. Let's support each other and share different programs that are working in your store and community!

[Join the Facebook Group!](#)

Healthy Family Project Podcast: The Healthy Family Project Podcast covers the Hot topics in the world of health, food and family with a dose of fun.

[Listen Now!](#)



Healthy Family Project and our partners have created free printable resources to use in classrooms and with shoppers. Scroll down to access everything you need.

[Nutrition Education Resources](#)



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