



**MAY**

*Retail Dietitian  
Newsletter*

# **Food Allergy & Action Month**



Connect on social media



# MONTHLY THEMES



## Mother's Day

Give mom a break by surprising her with breakfast in bed. Help families be prepared by stocking up the kitchen with recipes and ingredients kids can help make for mom.



[24 Mother's Day Recipes to Celebrate Mom](#)

## Memorial Day

On this day we honor and mourn those who passed serving the United States. For veterans, offer wellness packages including samples, coupons, etc. See if there is a local VA where you can do a presentation.



[30+ Healthy Red, White & Blue Recipes](#)



## Recipe Inspiration



[Breakfast Grazing Board](#)



[Patriotic Charcuterie Board](#)



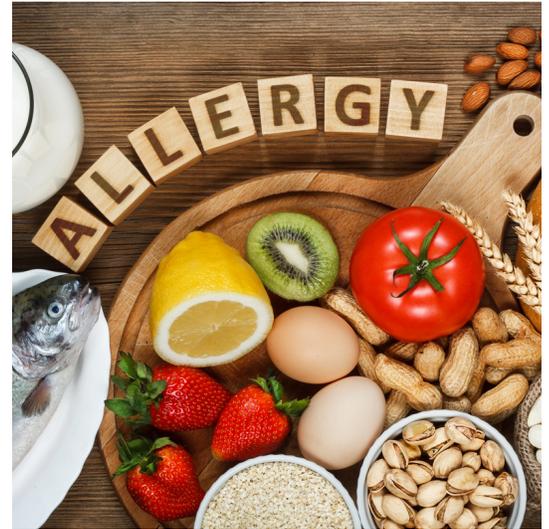
[Whipped Ricotta Board with Apples](#)

# DEMOS & EVENTS

## » Savvy Swaps Demo

Ditch the top 9 allergens and demo recipes that utilize various swaps to make them allergen friendly. Don't know where to start? Check out Healthy Family Project's recipe database.

*Living With a Food Allergy*



## Label Reading 101 «

We are sure you go over label reading with customers regularly, but this month make it specific to food allergies. Take participants on a grocery store tour finding allergy friendly foods.



Fire up the grill. Share tips and tricks of how to best grill fruits and vegetables.



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!



*Green Fruit Salad*



*Lemon Dill Salmon  
Pasta with  
Asparagus*



*Vidalia® Onion Salad  
Dressing*



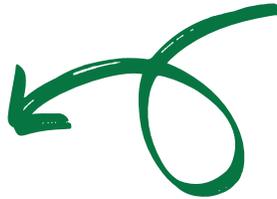
## Promote with the Pharmacy

Does your store have a pharmacy? It's the perfect collaboration to cross-promote with the pharmacy. Create a flyer with your nutrition services and the pharmacy department can add it to Rx bags.

# whats in season



may



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

Help customers know which onions are best for different cooking methods.



Onions contain an antioxidant called quercetin. Quercetin is an anti-inflammatory and works to fight off inflammation within the body.

*Recipe inspiration: [How to caramelize onions](#)*

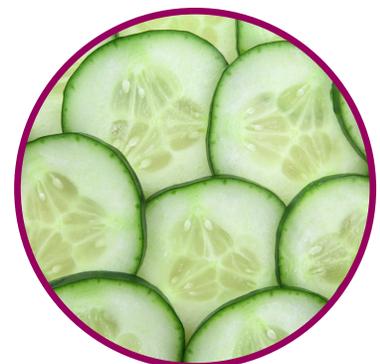


Strawberries are rich in vitamin C and other antioxidants, which help reduce the risk of serious health conditions like cancer, diabetes, stroke, and heart disease. It's also an excellent source of magnesium and phosphorous.

*Recipe inspiration: [Strawberry Chia Jam](#)*

Cucumber is a nutritious food with a high water content. Eating cucumber may help lower blood sugar, prevent constipation, and support weight loss. To maximize cucumber's health benefits, eat the peel, too.

*Recipe inspiration: [Watermelon Cucumber Smoothie](#)*



# RESOURCES

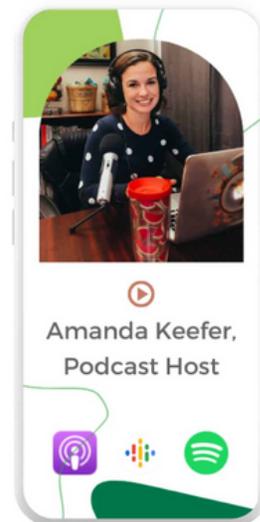


Connect with fellow dietitians nationwide. Let's support each other and share different programs that are working in your store and community!

[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](#)



[healthyfamilyproject.com](http://healthyfamilyproject.com)