



AUGUST

Retail Dietitian
Newsletter

Back to School



Connect on social media



MONTHLY THEMES



Back to School

Support students as they get ready to go back to school. Highlight the new lunchboxes, reusable water bottles, and healthy snacks to help them prepare.



[Breakfast Wafflewich Bento Box](#)

Simple Family Meals

Get back into the routine of sharing dinner table. This will give you time to talk as a family and develop healthy eating practices.



[50+ Easy Dinners Ready in 30 Minutes or Less](#)



Recipe Inspiration



[Roasted Sweet Potato Taco Bowls](#)



[Sweet Kale Salad with Roasted Chickpeas & Apples](#)



[Crispy Baked Tofu with Ginger Soy Sauce](#)

DEMOS & EVENTS

» Showcase Sheet Pan Dinners

Customers are always looking for quick and easy dinners. Host a class or demo featuring sheet pan meals.

23 Quick & Easy Sheet Pan Dinners

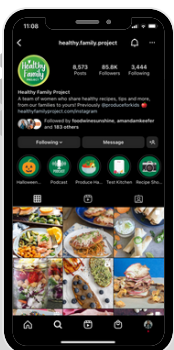


Snack Attack «

Host a kids cooking class either in person at the store, library, community center, or virtually, connect with children to create fun after school snack together.



Listen to:
Episode 60: Teaching Kids to Prepare Healthy Snacks



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!



Easy Meal Prep
Breakfast Scramble



After School Snack
Board



Chicken And Apple
Grilled Cheese
Sandwiches



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.

whats in season



august



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

Demo idea: Do a grape tasting and/or sensory analysis with various grapes. (include cotton candy grapes too!)

Look for grape bunches with green, pliable stems and plump berries. Do you see a powdery-white coating on the grapes?

That's bloom and it's good! Bloom is a naturally occurring substance that protects grapes from moisture loss and decay.

Recipe inspiration: [How to Freeze Grapes](#)



There are two types of green beans. Pole beans grow much like a climbing vine and require a stake or trellis. Bush beans spread up to two feet and do not require structural support. Bean pods can be green, yellow, purple, or even speckled with red!

Recipe inspiration: [Potatoes with Green Beans and Carrots](#)

Blackberries are general in season from June until September depending on the region they are grown. Blackberries can be found growing in the wild and on farms where they are cultivated in North America and other parts of the world.

Recipe inspiration: [Blackberry Grilled Cheese](#)



RESOURCES

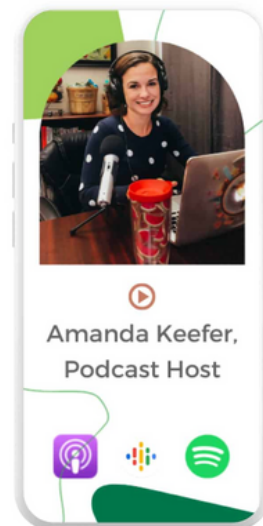


Connect with fellow dietitians nationwide. Let's support each other and share different programs that are working in your store and community!

[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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