



**JULY**

*Retail Dietitian  
Newsletter*

# **National Picnic Month 4th of July Summer Dishes**



Connect on social media



# MONTHLY THEMES



## 4th of July

Highlight red, white, and blue produce and ingredients to be the star of this holiday celebration.



*American Flag Toast*

## Summer Picnic

Summer is the perfect time to pack a picnic and head to the local park for some family time. You can enjoy fresh air, sneak in some exercise and enjoy some tasty dishes. Make sure to pack your basket with fresh and tasty recipes using fresh produce at season's peak!



*20 Healthy Picnic-Friendly Recipes*

## Recipe Inspiration



*Patriotic Charcuterie Board*



*Green Smoothie Pops*



*Grilled Chicken & Veggie Kabobs*

# DEMOS & EVENTS

## » Showcase Local

Highlight summer produce all month long. Sample different fruits and vegetables. Bonus: Highlight local items if working with local farmers.

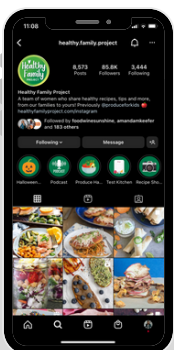
*Gardening Tips for Beginners*



## Field Day «

Connect with local community members and business and host a field day at the park with different activities, a picnic lunch, music, and fun!

- *Get your fellow employees involved and ask them to be part of the planning committee.*
- *Talk to brands to send samples or donations to help provide food for this event.*



**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 Fish Tacos with  
Watermelon Rind Slaw



Grilled Corn with  
Lemon Basil Yogurt  
Sauce



Zucchini & Summer  
Squash Frittata



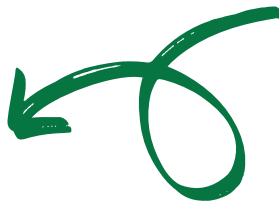
## Cross Merchandise Idea

Display all your outdoor picnic and cooking essentials  
throughout the store. Think grilling tools, coolers,  
reusable water bottles, etc.

# whats in season



# july



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

Demo idea: Do a stone fruit tasting and/or sensory analysis with various stone fruit

"Stone fruit" is more of a culinary term than a botanical one. It comes from the stone-hard covering found around the single large seed at the fruit's core. Peaches, nectarines, apricots, plums and their hybrids are best ripened at room temperature, stem-end down. Don't refrigerate fruit before it's ripe, or it may develop unappetizing wrinkled skin and mealy flesh.

*Recipe inspiration: [Peach Pie Smoothie](#)*



Botanically, tomatoes are fruit, even though they often are referred to as vegetables thanks to an 1893 government classification for trade purposes. Tomatoes are best during summertime when ripe off the vine. Store tomatoes at room temperature or between 55 degrees and 65 degrees Fahrenheit.

*Recipe inspiration: [Pesto with Zoodles and Tomatoes](#)*

Did you know? Red bell peppers are simply green bell peppers that have been left on the vine to continue to ripen. Red bell peppers are simply green bell peppers that have been left on the vine to continue to ripen.

*Recipe inspiration: [Breakfast Stuffed Peppers](#)*



# RESOURCES

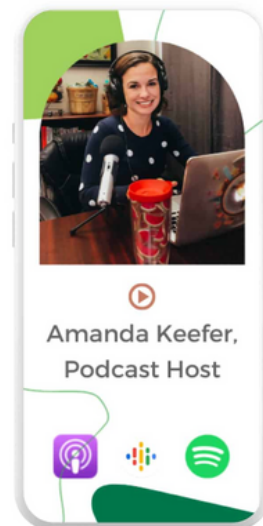


Connect with fellow dietitians nationwide. Let's support each other and share different programs that are working in your store and community!

[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.

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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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