



JUNE

*Retail Dietitian
Newsletter*

National Fruit & Veggie Month



Connect on social media



MONTHLY THEMES



Celebrate Father's Day

Breakfast in bed doesn't have to just be on Mother's Day. Share delicious breakfast ideas that kids can make for their dads!



Flourless Banana Raspberry Pancakes

Summer Vacation

Kids are wrapping up the school year and ready for summer vacation! Have a fun family cookout. Get the family involved with these cookout ideas.



Grilled Chicken & Veggie Kabobs



Recipe Inspiration



Grilled Summer Vegetable Pizza



No Cook Summer Rolls



Zucchini & Summer Squash Frittata

DEMOS & EVENTS

» Fruit & Veggie "How-to"

Host a weekly "Produce Pick of the Week" demo. Utilize the ["What's in Season"](#) guide and feature different produce each week within a recipe or pair it with a complementary food.

[How to Keep Apples from Browning](#)

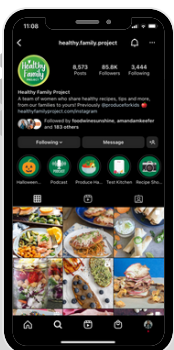


Add a Veggie Challenge «

Challenge customers to add a veggie to each of their meals. Spinach to smoothies, load up veggies on a sandwich, add zoodles with spaghetti, etc.



[Hidden Veggie Cheeseburgers](#)



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!



Very Veggie Burgers



*Mix & Match Corn on
the Cob*



Turkey "Sushi"



Cross-Merchandise Idea

grilling edition

Display grilling recipes by the grilling tools.
Check out our [14 Summer Grilling Must-Haves
for Summer.](#)

whats in season



june



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

Blackberries can be eaten raw, dried, or cooked in jams, pies, and muffins.



Did you know? There are around 375 species of blackberry, which are found in almost all parts of the world. Blackberries are beautiful, tart berries that contain some the most antioxidants than most foods.

Recipe inspiration: [Mini Fruit Tarts](#)



Did you know? An ear or cob of corn is actually part of the flower and an individual kernel is a seed. Corn is always in abundance in late spring/early summer so grab it while it's hot!

Recipe inspiration: [Grilled Corn with Lemon Basil Yogurt Sauce](#)

Big or small, the watermelon should feel heavy for its size. Look for the yellow spot. Watermelons develop a splotch where they rest on the ground. When this splotch is creamy yellow, it's ripe.

Recipe inspiration: [Watermelon Salsa](#)



RESOURCES

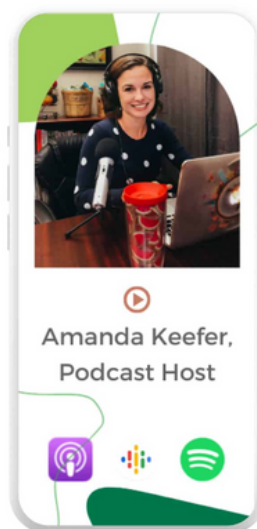


Connect with fellow dietitians nationwide. Let's support each other and share different programs that are working in your store and community!

[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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