



**SEPTEMBER**

*Retail Dietitian  
Newsletter*

# **Family Meals Month**

## **Fall Foods**

## **Tailgating**



Connect on social media



# MONTHLY THEMES



## Family Meals Month

Each September, our country celebrates National Family Meals Month™, a nationwide event designed to support families in enjoying more meals together using items purchased at the grocery store and, as a result, reap the many health and social benefits of doing so.



*4 Ways to Fight Family Dinner Fatigue*

## Tailgating

Doesn't matter if you are there to watch the game or just there for the food! Create better-for-you snack options for all sports lovers and non-sports lovers to enjoy!



*20 Game Day Guac Recipes*



## Recipe Inspiration



*Fall Harvest Salad*



*Apple Cinnamon French Toast*



*Slow Cooker Pumpkin Chili*

# DEMOS & EVENTS

## » Game Day Bites

If you are ready for the big game or just there for the food, small bite recipes will be a hit. Bonus, pack in as much produce as you can!

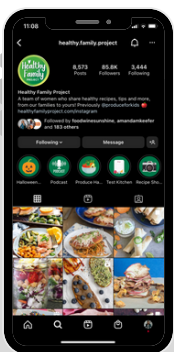
[35 Healthy Game Day Recipes](#)



## Build a Better Lunchbox «

Help parents not stress about making lunches. Showcase make-ahead lunch ideas can be prepped in advance for easy lunches all week long!

[25 Make-Ahead Lunch Ideas](#)



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!



Slow Cooker Chicken  
and Tomatoes



Quinoa Stuffed Acorn  
Squash



Greek Meatball  
Buddha Bowl



## Cross Merchandise Idea

Make meal planning easy for customers. Set up a "meal of the week" display with a recipe card and all ingredients and kitchen equipment needed for the recipe. Have customers share their recipe creations during Family Meals Month.

# whats in season



# september



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

Demo idea: Do an apple tasting and/or sensory analysis with various apples

Every time you bite into an apple, you're biting into a dose of powerful nutrition. A medium apple packs in 17% DV (Daily Value) of fiber, 14% DV of vitamin C, and 6% DV of potassium.

*Recipe inspiration: [Caramel Apple Yogurt Parfaits](#)*



Mushrooms are the only source of vitamin D in the produce aisle and one of the few non-fortified food sources. Vit D helps build and maintain strong bones by helping the body absorb calcium. Vit D is available via diet, supplements and sunlight, which is why it is also referred to as the "sunshine vitamin."

*Recipe inspiration: [Cheesy Quinoa Stuffed Mushrooms](#)*

Did you know? Pomegranate trees can self-pollinate or be pollinated by insects. Pomegranates are high in phenols, tannins, folate, potassium and vitamin C and K. Each pomegranate contains hundreds of edible seeds which can be eaten fresh or made into juice.

*Recipe inspiration: [Pomegranate Mojito Mocktail](#)*



# RESOURCES

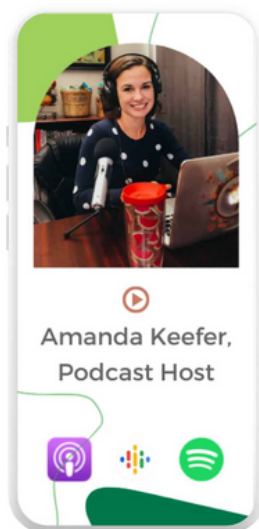


Connect with fellow dietitians nationwide. Let's support each other and share different programs that are working in your store and community!

[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\*\*](https://healthyfamilyproject.com)