



Grand Avenue Hy-Vee Nutrition Email Club

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National Nutrition Month (NNM)

As a dietitian, March is one of my very favorite months. Why? Because we get to celebrate my favorite topic – NUTRITION – *ALL month long!!* I’m also very excited about this year in particular, because it will be my first NNM as a Registered Dietitian! I have all sorts of fun things planned for the month, so I really hope you can check them out (next page) and maybe stop at my office by the pharmacy to take the NNM pledge!

The theme for this year’s NNM is “Savor the Flavor of Eating Right,” which is awesome, because it is focused on encouraging everyone to ENJOY food traditions and APPRECIATE the pleasure, flavor and social experiences that food can add to our lives! If you’re interested in learning more, visit <http://www.eatright.org/resources/national-nutrition-month> or stop by my office to talk to me about it!

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Announcements:



Look for new **“Warrior Wellness” Meals** and **Cheftitian Meals!** These are 2 new, healthy options for an on the go meal! Warrior Wellness meals are created and put together by the dietitian and are specially designed to give you energy, keep you full longer, and provide the nutrition that your body needs!



Cheftitian meals feature the culinary expertise of Chef Brian and nutritional quality from Dietitian Lorraine. *It tastes good to be healthy.* Find both of these options in the deli department near the wraps and sandwiches and in the produce department near the grab and go salads!

Featured Recipe

Apple Snackwich

All you need:

- 2 apples, variety of your choice
- 4 tbsp creamy peanut butter, divided
- 4 tsp granola
- 4 tsp mini chocolate chips
- 4 tsp raisins



All you do:

1. Wash and core apples.
2. Slice top and bottom off apples; discard. Slice each apple crosswise into 4 slices.
3. Spread 1/2 tablespoon peanut butter on each apple slice, then top each slice with 1/2 teaspoon each of granola, mini chocolate chips and raisins.
4. Sandwich two slices to make snackwich.

Nutrition Facts per serving:

Calories: 170

Protein: 5 g

Carbohydrate: 20 g

Saturated Fat: 2.5 g

Cholesterol: 0 mg

Sodium: 75 mg

Dietary Fiber: 3 g

Sugars: 14 g

Fat: 9 g

Trans fats: 0 g

What's happening this month?

Wellness Gala

Saturday, March 5, from 10:00 a.m. to 2:00 p.m.

Entire Store – FREE

Join your Grand Avenue Dietitian, Lorraine, to celebrate National Nutrition Month. This free event will feature samples of healthy, dietitian-approved foods, fun games to test your nutrition knowledge, cooking demos, drawings for door prizes and great Fuel Saver deals when you sign up for any of the dietitian's services!

Meet the Dietitian

Thursday, March 10, from 3:00 p.m. to 6:00 p.m.

Near the Pharmacy – FREE

Meet your Grand Avenue Dietitian, Lorraine Lorenz! Learn more about how Lorraine became a dietitian and ask any of your nutrition and food-related questions!

Slow Cooker DISH (Dinner is Solved at Hy-Vee)

Tuesday, March 15, at 6:00 p.m.

Meet at Customer Service – \$10 registration fee + cost of groceries

Are you short on time? Is it a challenge to come up with healthy meal ideas for your family? Let Lorraine, your Grand Avenue Dietitian, help you with meal planning AND do all the shopping, prepping and cleaning up for you! Join us for a DISH event and bring home 5 healthy and delicious slow cooker meals for your freezer, ready to throw in the slow cooker when you need them. Registration is required by March 8, at <https://www.hy-vee.com/stores/calendar/event-details.aspx?e=94924>. Menu: Slow Cooker Italian Chicken, Slow Cooker Honey Dijon Pork & Green Beans, Slow Cooker Beef Barley Stew, Slow Cooker Chicken Chili, Slow Cooker Stuffed Peppers. (4 to 6 servings each)

Kids Cook!

Saturday, March 26, at 10:00 a.m.

Meet at Customer Service – \$10 per person

Join your Grand Avenue Dietitian, Lorraine, for a fun-filled kids cooking class! Kids will help make several recipes and get to take home what they make. Ages 6-12 are welcome. Register online at <https://www.hy-vee.com/stores/calendar/event-details.aspx?e=94973>.

Healthy DISH (Dinner is Solved at Hy-Vee)

Tuesday, March 29, at 6:00 p.m.

Meet at Customer Service – \$10 registration fee + cost of groceries

Join us for a DISH event and bring home 6 healthy and delicious freezer meals, ready to pull when you need them. Registration is required by March 22, so sign up today at <https://www.hy-vee.com/stores/calendar/event-details.aspx?e=94974>. Menu includes: Italian Pot Roast, Sesame-Ginger Pork Chops & Broccoli, Slow Cooker Canadian Bacon & Potato Chowder, Cilantro Lime Chicken, Creamy Italian Chicken, Honey Rosemary Chicken Balsamic-Glazed Chicken & Vegetables. (4 to 6 servings each)

Taste Experiences – all FREE

Thursday, March 3, at 4:00 p.m. – TBA

Monday, March 14, at 4:00 p.m. – TBA

Thursday, March 24, at 4:00 p.m. – TBA

EXCLUSIVE coupons

This month, save on a variety of healthier options located in your Grand Avenue HealthMarket! Stop by the dietitian's office to learn more why these options are healthy choices.

NEWSLETTER EXCLUSIVE COUPON*

Bulk Raw Nuts

cashews, almonds,
and filberts*

Subscribe to this newsletter to
receive these exclusive coupons!

