

the **fresh** grocer

**YOUR NEIGHBORHOOD SUPERMARKET**

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# *The Fresh Grocer Experience*



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# *Value Produce Aisle*



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# Prepared Foods



• UNDER 400 CALORIES!  
• LOW FAT!

fresh *lite*  
**bites**

#### FRESH N' FIT SNACK PACK

Sliced boneless skinless chicken breast strips, whole wheat crackers, sliced fat-free mozzarella cheese, hummus and carrot sticks

HEALTHY FACT: Garbanzo beans are high in fiber. Low fat diets rich in fiber-containing products may reduce the risk of some types of cancer.

• WHOLESOME & DELICIOUS!

Exclusively at the **fresh**grocer

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# Signage and Literature



**KID APPROVED**

SPRING & SUMMER EDITION

## RECIPES

FAMILY FUN RECIPES THAT EVERYONE WILL LOVE!

### BAKED PITA CHIPS

Preheat oven to 400°F. Cut each pita bread into 8 triangles. Place triangles on lined cookie sheet. In a small bowl, combine the oil, pepper, salt, basil and cheryl. Brush each triangle with oil mixture. Bake in the preheated oven for about 7 minutes, or until lightly browned and crispy.

**24 SERVINGS**  
Nutrition Per Serving: 105 Calories, 1.5g Protein, 1.5g Total Fat, 19g Carbohydrate, 1.5g Fiber, 17g Calcium, 1mg Iron  
Source: www.kidapproved.com

### HUMMUS

Put all ingredients into a food processor and blend until smooth. Cook in a covered pot on low heat.

**3 SERVINGS, TWO CUPS EACH**  
Nutrition Per Serving: 105 Calories, 1.5g Protein, 1.5g Total Fat, 19g Carbohydrate, 1.5g Fiber, 17g Calcium, 1mg Iron  
**HEALTHY FACT:** CHAMBERLAIN BARK IS HIGH IN FIBER & SUPPORTS OUR DIGESTIVE TRACKS.  
Source: www.kidapproved.com

### FRUIT WORD SEARCH...

A	K	O	L	I	M	E	C
B	I	R	E	G	E	P	A
F	W	A	M	R	L	E	P
R	I	N	P	A	O	A	R
U	F	G	L	P	N	R	I
I	N	E	U	E	L	G	O
T	L	E	M	O	N	E	O
S	C	H	E	R	R	Y	T

**FRUITS**  
APPLE  
ORANGE  
MANGO  
APRICOT  
PEAR  
MELON

**CHERRY**  
**KIWI**  
**LIME**  
**PLUM**  
**LEMON**  
**FIG**

Children's growing bodies require significant amounts of vitamins and minerals. Fruits like oranges and apples are rich in immunity-boosting vitamin C. Green vegetables like green beans and broccoli are high in magnesium, which the body needs for muscle function and bone growth.  
Source: www.kidapproved.com

**VEGGIE PITA**

Preheat oven to 400°F. Cut each pita bread into 8 triangles. Place triangles on lined cookie sheet. In a small bowl, combine the oil, pepper, salt, basil and cheryl. Brush each triangle with oil mixture. Bake in the preheated oven for about 7 minutes, or until lightly browned and crispy.

**24 SERVINGS**  
Nutrition Per Serving: 105 Calories, 1.5g Protein, 1.5g Total Fat, 19g Carbohydrate, 1.5g Fiber, 17g Calcium, 1mg Iron  
Source: www.kidapproved.com

**HEALTHY FACT:** CHAMBERLAIN BARK IS HIGH IN FIBER & SUPPORTS OUR DIGESTIVE TRACKS.

### STRAWBERRY SMOOTHIE

Put all ingredients into a food processor and blend until smooth. Cook in a covered pot on low heat.

**2 SERVINGS**  
Nutrition Per Serving: 105 Calories, 1.5g Protein, 1.5g Total Fat, 19g Carbohydrate, 1.5g Fiber, 17g Calcium, 1mg Iron  
**HEALTHY FACT:** STRAWBERRIES ARE PACKED WITH VITAMIN, FIBER AND JOYS OF ANTIOXIDANTS THAT HELP PROTECT YOUR HEART.  
Source: www.kidapproved.com

### SOUTHERN STYLE CORN BREAD

Preheat oven to 400°F. Put all the ingredients, except for the corn, into a large bowl. Beat the ingredients who baking plan covered with nonstick spray. Beat in the corn and milk. Pour the mixture into a greased 8x8 inch pan. Bake in the oven for 25 to 30 minutes or until the corn bread is golden brown. Let cool for 5 minutes before serving.

**3 SERVINGS, 1 PIZZA EACH**  
Nutrition Per Serving: 105 Calories, 1.5g Protein, 1.5g Total Fat, 19g Carbohydrate, 1.5g Fiber, 17g Calcium, 1mg Iron  
Source: www.kidapproved.com

**HEALTHY FACT:** CORN IS FULL OF FIBER AND PREBIOTIC BAKERS. SWEETEN, HELP TO PROMOTE OUR BLOOD SUGAR LEVELS.

- ✓ Low Fat
- ✓ Low Cholesterol
- ✓ Low Sodium

**HEALTHY ELEMENTS**  
STARKIST SOLID ALBACORE GC  
4.500Z 0000-54-800-12007 000-0000

# Partnerships & Studies

## Healthy Eating Study



Are you...

- Over the age of 18
- The primary shopper in a household with at least one child
- A regular shopper at The Fresh Grocer @ The Shoppes at LaSalle and have been for at least one month
- Do you have a frequent shopper card from The Fresh Grocer

If so, you could be eligible for a study on fruit and vegetable consumption.

Participants will be asked to complete a brief interview and will receive materials related to the healthy foods, specifically fruits and vegetables. Study participants will receive \$40 in coupons to be used in the study towards the purchase fruits and vegetables. All data collected is strictly confidential. Contact the Einstein Center for Urban Health Policy and Research for more information (215) 456-1122. Mention the Healthy Eating Study. Enrollment is limited so call now.

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# *What's Next?*



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