



Retail Dietitian Promotional Calendar

January

Get Your Gut in Gear for the New Year

Activity idea:

Gut healthy smoothie demos – adding prebiotics and probiotics

Resources:

Gut friendly grocery list, probiotics for gut health



Green Avocado Smoothie

February

Love Your Gut

Activity Idea:

10 ways to love your gut feature blog

Resources:

Meal plan for a healthy gut, supporting gut health with lifestyle changes



Strawberry Chocolate Chip Frozen Yogurt Hearts

March

Gut-Friendly Work From Home Lunches (National Nutrition Month)

Activity Idea:

Meal planning and prep tips for a week's worth of gut healthy lunches

Resources:

Stocking up on groceries for gut health



Quinoa, Bean & Avocado Bowl with Tahini Yogurt Dressing

Look for our 12-months of recipes in the Retail Dietitian section of the Activia Gut Health Toolkit.

April

A Garden of Gut Health

Activity Idea:

Gut healthy food pairings with plants (produce)

Resources:

Gut health dictionary, stocking up on groceries for gut health



Salmon Salad with Strawberry Yogurt Balsamic Vinaigrette

May

A Focus on Fermented Foods

Activity Idea:

Fermented foods 101 educational demo

Resources:

Fermented foods and their benefits



Mother's Day Fruit & Yogurt Tarts

June

Summer Gut Health Challenge (Microbiome Day – June 27)

Activity Idea:

30 plants per week gut health challenge (Activia)

Resources:

14-day gut health challenge tracking sheet



Cherry Smoothie Bowl



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July

A Focus on Probiotics

Activity Idea:

How to choose a probiotic feature blog

Resources:

Benefits of getting probiotic from foods, choosing a probiotic and the importance of selecting evidence-based strain-specific probiotics, probiotics for gut health



Patriotic Frozen Yogurt Pops

August

Your Gut is Where it All Begins

Activity Idea:

Host a roundtable on gut health

Resources:

Gut health dictionary, mind-gut connection, meal plan for a healthy gut



Pomegranate Chia Pudding

September

Understanding 'Biotics

Activity Idea:

Overview of prebiotics and probiotics and where to find them at the grocery store

Resources:

'Biotics Primer, Benefits of Getting Probiotic from Foods



Blueberry Protein Pancakes with Yogurt Drizzle

Look for our 12-months of recipes in the Retail Dietitian section of the Activia Gut Health Toolkit.

October

A Focus on Prebiotics

Activity Idea:

25 prebiotic foods to keep on hand feature blog

Resources:

Gut friendly grocery list, stocking up on groceries for gut health



Pumpkin Spice Overnight Oats

November

Gut Health on a Budget (National Parfait Day - November 25)

Activity Idea:

Store tour filling the grocery cart with gut-healthy items for the budget-conscious shopper

Resources:

Gut friendly grocery list, stocking up on groceries for gut health



Quinoa & Peach Yogurt Parfait

December

Gut-Friendly Holiday Brunch

Activity Idea:

Holiday brunch cook-along

Resources:

Meal plan for a healthy gut, gut friendly grocery list, probiotics for gut health



Waffles Topped with Greek Yogurt & Cranberry Compote