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# Freshen Up Your Pantry Staples

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# Agenda

- Role of a Registered Dietitian
- Shoprite's Free Nutrition Services
- My Favorite Pantry Staples
- New York Summer Seasonal Produce
- No-Recipe, Recipe Ideas
- Recipe Demo
- Q&A



# Role of a Registered Dietitian Nutritionist



# Role of a Registered Dietitian Nutritionist

## What is a Registered Dietitian Nutritionist (RDN)?

A health professional that can provide accurate and up-to-date advice on nutrition, supplements, and special diets for certain diseases.

Requires a Bachelors Degree, ~1 year internship, and a national exam with mandatory continuing education to stay current in the field

## What does an RDN do at ShopRite?

Develops health and wellness programs for customers, ShopRite associates, and organizations/programs in the local community.

## FREE Programs Include:

- Nutrition Counseling- *currently offering phone consultations*
- Community Outreach - Scouts, gyms, senior centers, libraries, schools, etc.- *currently offering virtual workshops*
- Cooking Demonstrations & Classes
- Healthy Shopping Tours
- Health Screenings



A photograph of a whole yellow banana and a single slice of banana, set against a solid yellow background. The banana is positioned horizontally, with its stem on the right. The slice is placed in front of the banana, slightly to the left. The text "My Favorite Pantry Staples" is overlaid in white, centered over the image.

# My Favorite Pantry Staples

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# My Favorite Pantry Staples

- **Canned beans**

- **Variety:** low or no sodium added when possible; garbanzo, cannellini, black, butter beans
- **Nutrition:** protein, fiber, iron, magnesium, etc
- **Uses:** Salads, roasting, grains bowl, spreads/dips
- **Swaps:** can use any white bean for another; pinto beans for black beans; can also swap based upon size of the bean

- **Canned tomato products**

- **Variety:** diced tomatoes, tomato paste, crushed tomatoes
- **Nutrition:** vitamin C, fiber, lycopene
- **Uses:** pasta sauce, soups, curries, shakshuka
- **Swaps:** generally diced and crushed can be interchangeable; if neither, buy whole and either crush or dice



# My Favorite Pantry Staples

- **Broth or stock**

- **Variety:** go for low-sodium, mushroom is a good flavorful vegetarian option
- **Nutrition:** not much beyond flavor unless you make it at home
- **Uses:** soup, cooking grains, stewing veggies
- **Swaps:** for a small amount, water; for larger amounts, add in soy sauce, beer, wine, etc

- **Whole Grains**

- **Variety:** brown rice, whole wheat pasta, quinoa, brown rice pasta
- **Nutrition:** Fiber, B-vitamins, minerals like magnesium and phosphorus
- **Uses:** Quick stir-fries or weeknight dinner; use leftovers in cold salads
- **Swaps:** plenty!!



# My Favorite Pantry Staples

- **Nut butters**

- **Variety:** go for the natural options (look for no added sugar or added salt); peanut butter, almond butter, cashew butter
- **Nutrition:** protein, unsaturated fats, magnesium, vitamin E
- **Uses:** sandwiches, sauces, snacks
- **Swaps:** can be swapped for each other

- **Nuts and seeds**

- **Variety:** plain/raw, roasted with less salt
- **Nutrition:** protein, fiber, unsaturated fats, magnesium, vitamin E
- **Uses:** trail mix, no bake bars, sauces or dips
- **Swaps:** can be swapped for each other





# My Favorite Pantry Staples

- **Canned meats**
  - **Variety:** canned tuna, chicken, salmon, etc
  - **Nutrition:** protein, TBD on type of meat
  - **Uses:** sandwiches, salads, etc
  - **Swaps:** can be swapped for each other
- **A Note on Frozen Foods**
  - Almost any food can be frozen!
  - Is a great way to shop sales and save for later
  - Foods frozen within time and kept frozen are safe indefinitely (but quality changes over time)
  - Foods to freeze: meats, fish, fruit, veggies





# New York Seasonal Summer Produce

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# New York Seasonal Summer Produce

## Benefits of Seasonal & Local Produce

- Support local farmers and the local economy.
- Reduce carbon footprint since food doesn't travel as far.
- Produce picked at the peak of its ripeness, so it tastes the best and may contain more nutrients.
- It is often more cost-affordable!



# New York Seasonal Summer Produce

## What's In Season in Late July?

### Seasonal Food Guide:

<https://www.seasonalfoodguide.org/new-york/late-june>

- Apples
- Arugula
- Beets
- Blueberries
- Broccoli
- Cabbage
- Carrots
- Chard
- Cherries
- Chives
- Collard Greens
- Garlic
- Green Beans
- Green Onions
- Lettuce
- Melons
- Mushrooms
- Mustard Greens
- Nectarines
- Okra
- Onions
- Peaches
- Peas
- Peppers
- Potatoes
- Plums
- Radishes
- Raspberries
- Shallots
- Snap Peas
- Snow Peas
- Spinach
- Strawberries
- Summer Squash
- Tomatillos
- Tomatoes
- Zucchini



# New York Seasonal Summer Produce

## Proper Food Storage

- **Lettuce and salad greens:** Dry greens and place in plastic bag with dry paper towel then seal
- **Greens with stems:** Prep by chopping off the end of the stem; wrap end in a damp paper towel and then seal in a plastic bag
- **Herbs:** Do NOT rinse; wrap entire bunch in a slightly damp paper towel
- **Counter top:** Bananas, citrus fruits, pineapple, basil, cucumber, garlic, onions, peppers, potatoes, tomatoes, apples if eating in less than 7 days, stone fruits until ripen





# No-Recipe, Recipe Ideas



# No-Recipe, Recipe Ideas

## Greens, Grains & Beans Bowl

- Greens (spinach, kale, broccoli, snap peas, etc)
- Grains (brown rice, barley, quinoa, etc)
- Beans (garbanzo beans, black beans, cannellini beans, butter beans)
- Sauce of choice

### INSTRUCTIONS

1. Cook grain according to package instructions.
2. Drain and rinse beans . Heat beans in oil, garlic powder (or fresh), and salt. Add other spices as preferred.
3. Cook the greens, just until wilted. Season as needed. Recommend minced garlic or garlic powder and sea salt.
4. Either top rice with beans/greens mixture and sauce, or add grains and sauce to pan with beans/greens to heat further.

Favorite variations:

- Brown rice, black beans, spinach, chipotle vinaigrette
- Barley, garbanzo beans, kale, lemon tahini
- Quinoa, cannellini beans, spinach, zucchini, pesto
- Brown rice, butter beans, cabbage, carrots, peanut sauce



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# No-Recipe, Recipe Ideas

## Weeknight Pasta

- Whole wheat pasta
- Whatever veggies are in your fridge
- Make your own pasta sauce!
- Lean protein- beans, grilled chicken, etc

### To make the sauce:

Interested in making your own pasta sauce? It's easy! Sautee garlic and onions in olive oil. Once they start to turn golden, add large can of diced or crushed tomatoes. Season as desired (salt, basil, Italian seasoning, etc). Add ~ 1 tbsp. Tomato paste to thicken the sauce. Add parmesan cheese for a slightly cheesy variety.

1. While sauce is cooking, cook pasta according to package.
2. Sautee any desired veggies and/or protein in olive oil and sea salt prior to adding to sauce. This will increase the flavor.
3. Sauce takes around 18-20 minutes to cook, stirring occasionally. Voila!





# No-Recipe, Recipe Ideas

## Seasonal Salads

- Leftover grains
- Leftover or raw veggies
- Beans
- Olive oil
- An acid (lemon juice, white vinegar, apple cider vinegar, etc).

### INSTRUCTIONS

1. Drain and rinse bean. Marinate in a little bit of olive oil, sea salt and whichever acid matches the flavors you prefer.
2. Fill at least half of your bowl with either raw veggies (snap peas, cucumbers, leafy greens, etc) or leftover cooked veggies (squash, onions, broccoli, etc).
3. Add in the marinated beans and leftover grains.
4. Mix with a swirl of olive oil and the same acid from your beans.
5. Fold in cheese or top with seeds/nuts, if you'd like.

### Favorite variations:

- Chickpeas, feta, tomatoes, spinach, quinoa, balsamic vinegar
- Black beans, tomatoes, corn, avocado, brown rice, lime juice
- Cannellini beans, snap peas, cucumber, brown rice or barley, lemon juice or white vinegar



# Tips for Stress Free Shopping

- Check the circular for sales– sales at ShopRite are Sunday through Saturday
- Coupons are moving digitally! You can either add them to your PP card online or through a kiosk at the store.
- Come prepared with a list!
- But also write down your alternatives in advance should we be out of stock on something.
- Try practicing meal-planning for 3 days at a time and incorporate batching cooking- make double the recipe or of some of the ingredients, refrigerate/freeze for later
- Feel free to call Guest Services to ask how busy the store is. They are very friendly! Although sometimes can be very busy.
- Lately slowest times in the store are weeknights after 6pm.





Questions?

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# RECIPE TIME!



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# Seasonal Salad- All About The Greens

*\*also a cold Greens, Grains, and Beans Bowl*

- Brown rice
- Leftover roasted zucchini
- Cabbage, shredded
- Green bell pepper, sliced
- Garbanzo beans, rinsed and drained
- Olive oil
- White vinegar
- Sea salt

## INSTRUCTIONS

1. Marinate in a little bit of olive oil, white vinegar, and sea salt.
2. Fill at least half of your bowl the leftover roasted zucchini, shredded cabbage, and sliced bell pepper.
3. Add about 1 cup of brown rice, or about  $\frac{1}{4}$  of your bowl.
4. Add in about  $\frac{1}{2}$  cup of beans, or about  $\frac{1}{4}$  of your bowl.
5. Whisk 2 tablespoons of olive oil and 1 tablespoon of white vinegar. Salt as desired.
6. Pour dressing over bowl and gentle mix.



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