



NUTRITION PARTNERS OVERVIEW



Outline

1

**Nutrition Partners
Overview**

2

**Community
Partnerships**

3

Additional Resources

4

Next Steps



NUTRITION PARTNERS OVERVIEW

Nutrition Partners Program

Our program

- Our team of registered dietitians provide complimentary services to Stop & Shop customers and our surrounding communities.
- Our team is based in MA and NY, but we provide virtual and/or in-person services in all of our operating states: NY, NJ, MA, CT, RI.

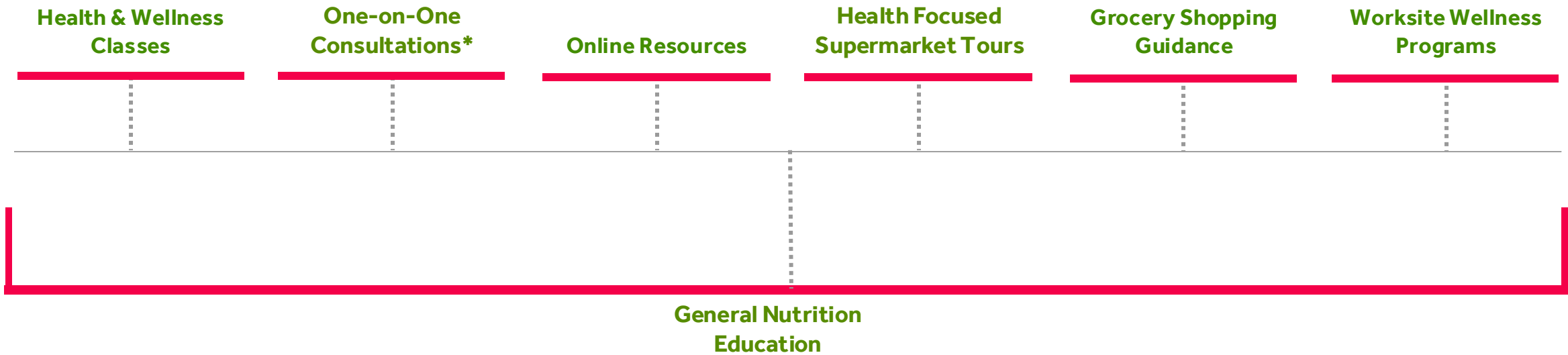
Our goal

- Support health and wellness within Stop & Shop communities through nutrition education and resources



Complimentary Services

Se habla
Español



*Stop & Shop dietitians provide basic nutrition education for general health and wellness. The information provided does not take the place of physician recommendations. Consult with your medical professionals for individual medical guidance.

Complimentary Services

Classes / Webinars



Featured Classes

Join the Stop & Shop Register below to view current classes

Sign Up

One-on-One Consultations



Online Resources

Health & Wellness Resources

 <p>My grocery list Use this grocery list template to plan your visit to Stop & Shop. It makes shopping and loading so much easier. Learn More ></p>	 <p>Weekly meal plan Fill out this template to help you stay on track with planning healthy, satisfying meals for you and your family each week. Learn More ></p>	 <p>Nutrition Partners' kitchen staples Stock your kitchen with our Nutrition Partners approved essentials to make healthy, affordable and tasty meals. Learn More ></p>
 <p>Track and record food intake</p>	 <p>How to make a healthy diet</p>	 <p>Nutrition 101: What food to eat</p>



Complimentary Services

Health Focused Supermarket Tours



Grocery Shopping Guidance



Worksite Wellness Programs

Healthier workplaces, *happier teams*

Create a culture of healthy living with impactful wellness services from our registered dietitians and pharmacists.



Our goal? Healthier communities. Let's build one in your company.

Workplaces can be a launch pad for wellness with the right guidance. That's where we come in.

Stop & Shop Nutrition Partners—that's our team of registered dietitians—and our trained pharmacists are here to deliver engaging programs that equip your employees with the knowledge they need to lead healthier and happier lives.



Why focus on wellness at work?

Investing in worksite wellness programs can lead to improved productivity and morale, and reduced healthcare costs.



stopandshop.com/nutrition



stopandshop.com/pharmacy





COMMUNITY PARTNERSHIPS

Community Partnerships

We partner with local organizations to offer nutrition education and programming

Educational Activations

- Wellness workshops
- Cooking demonstrations
- Healthy eating resources
- Hands-on workshops
- Wellness events

Produce Prescriptions

- Multiple digital and card-based incentive options designed for partners to direct their own funds toward helping clients purchase healthy food



Research Collaborations

- Cross sector partnerships with academy, community-based organizations (CBOs) and retail to address food insecurity, chronic disease and social determinants of health



Wellness Space

- Dedicated Wellness Room near the grocery shopping aisles (Boston, MA)





Communities of Focus

Strategic Vision

Stop & Shop Nutrition Partners registered dietitians envision building a strong, community-centered ecosystem within Stop & Shop's communities of focus that:

- Reduces health disparities, food insecurity, and chronic conditions through the power of food.
- Delivers practical health and wellness resources addressing the social determinants of health within our reach.
- Strengthen partnerships with local organizations to close remaining gaps in care and support.



In Summary

We strive to foster relationships and create opportunities that strengthen economic stability, improve food security, and build life skills to break generational cycles of poverty.



School Food Pantries

5 States

270+ Schools

42K+ Students & Families Served Monthly

440,000+ Students Reached

Our goal is to support 350+ schools by year-end 2027.



STOP&SHOP.

School
Food Pantry
Program



How we're helping students make healthy choices

- Stop & Shop Nutrition Partners registered dietitians offer virtual and in-person programming
- Provide resource guides and nutrition handouts/posters to all school food pantry partners.

Easy meal ideas | STOP&SHOP Nutrition Partners

CHICKEN AND BEAN TACOS

INSTRUCTIONS

1. Cook the rice
2. Heat tortilla, if desired
3. Fill with beans, cooked rice and chicken
4. Top with jalapeños and salsa

PASTA WITH WHITE BEANS AND ASPARAGUS

INSTRUCTIONS

1. Cook the dry beans ahead of time
2. Cook the pasta
3. Meanwhile, heat the pasta sauce in another pot or microwave
4. Add the cooked pasta, cooked beans, and asparagus spears to the pot with the pasta sauce. Stir to combine

THREE BEAN CHILI

INSTRUCTIONS

1. Cook the dry beans ahead of time
2. Drain and rinse the canned black beans and corn
3. Add all ingredients to a pot and bring to a boil
4. Reduce heat to low and simmer for 15-20 minutes

LENTIL SHEPHERD'S PIE

INSTRUCTIONS

1. Drain and rinse canned lentils and vegetables and then add to a large pan.
2. Add enough stock to cover the lentils and vegetables
3. Bring the mixture to a boil. Then, reduce heat to low and simmer for 15-20 minutes, or until the lentils have absorbed most of the stock.
4. In the meantime, prepare the instant mashed potatoes
5. Transfer the lentil vegetable mixture to an oven-safe baking dish. Spoon the mashed potatoes over top
6. Bake in an oven on toaster oven at 400° F for 20-25 minutes, or until potatoes are golden brown

RECIPE SWAPS & SUBSTITUTIONS

NUTRITION PARTNERS' TIP: With a few simple swaps, you can adapt almost any recipe to fit what you have on hand! For our spin on this curry, we've swapped fresh cauliflower for canned peas.

Find recipe here:

Nutritious Food Pantry Picks | STOP&SHOP School Food Pantry

GRAINS

- Stop & Shop Old Fashioned Oats
- Stop & Shop Quick Oats
- Stop & Shop Instant Oatmeal Original - 12 ct
- Nature's Promise Organic Instant Oatmeal Original
- Nature's Promise Organic Quick Cooking Steel Cut Oats Irish Style
- Nature's Promise Organic Classic Quinoa
- Nature's Promise Organic Tricolor Quinoa
- Nature's Promise Free From Red Quinoa (microwavable pouch)
- Nature's Promise Free From Red Quinoa (microwavable pouch)
- Quaker Grits Old Fashioned
- Quaker Grits Quick 5-Minute
- Stop & Shop Yellow Popcorn Kernels
- Stop & Shop Soft Yellow Corn Tortillas
- Stop & Shop Soft White Corn Tortillas
- Stop & Shop Whole Wheat Flour Tortillas Medium Soft 8 inch
- Colavita Instant Polenta Corn Meal
- Stop & Shop Pearl Barley
- Stop & Shop White Rice
- Stop & Shop Jasmine Rice
- Stop & Shop Basmati Rice
- Stop & Shop Brown Rice
- Stop & Shop Instant Whole Grain Brown Rice
- Stop & Shop Whole Grain Spaghetti Pasta
- Stop & Shop Whole Grain Rotini Pasta
- Stop & Shop Whole Grain Penne Pasta
- Stop & Shop Penne Pasta Gluten Free
- Stop & Shop Spaghetti Pasta Gluten Free
- Barilla Chickpea Pasta Rotini Plant-Based Gluten Free
- Barilla Pasta Red Lentil Rotini
- Barilla Pasta Red Lentil Penne Gluten Free
- Stop & Shop Bran Flakes
- Stop & Shop Shredded Wheat
- Stop & Shop Oats & O's
- Stop & Shop Baked Crackers Whole Wheat Original
- Stop & Shop Baked Crackers Whole Wheat Rosemary & Olive Oil
- Stop & Shop Wide Egg Noodles
- Stop & Shop Medium Egg Noodles
- Bulgur (brand names may vary by location)
- Stop & Shop 100% Whole Wheat Bread
- Stop & Shop Pre-Sliced Whole Wheat Bagels
- Stop & Shop 100% Whole Wheat English Muffins

PROTEINS

- Nature's Promise Chunk Light Tuna in Water
- StarKist Chunk Light Tuna in Water
- Nature's Promise Solid White Albacore Tuna in Water
- Chicken of the Sea Solid White Albacore Tuna in Water
- Stop & Shop Wild Alaskan Pink Salmon
- Valley Fresh 100% Natural Chicken Breast in Broth
- Stop & Shop Low Sodium Chickpeas
- Stop & Shop Pink Beans Low Sodium
- Goya Lentils
- Stop & Shop Small Red Beans Low Sodium
- Stop & Shop Black Beans Low Sodium
- Stop & Shop Dried 16 Bean Soup Mix
- Stop & Shop Dried Black Beans
- Stop & Shop Dried Chickpeas
- Stop & Shop Dried Great Northern Beans
- Stop & Shop Dried Navy Beans
- Stop & Shop Dried Pink Beans
- Stop & Shop Dried Red Beans
- Stop & Shop Dried Yellow Split Peas
- Stop & Shop Lentils
- Stop & Shop Pinto Beans
- Stop & Shop Roman Beans
- Stop & Shop Small White Beans
- Stop & Shop Dried Baby Lima Beans
- Stop & Shop Dried Green Split Peas
- Stop & Shop Dried Lima Beans Large
- Stop & Shop Dried Red Kidney Beans
- Stop & Shop Dried Black Eye Peas
- Teddie Old Fashioned Peanut Butter Unsalted Smooth
- Stop & Shop Peanuts Dry Roasted Unsalted
- Stop & Shop Natural Walnuts

(Continued)



Let us partner together

- Easy & quick meal ideas
- Meal ideas for students / families in temporary housing
- Culturally diverse and budget friendly recipes
- Cooking demonstrations
- Supermarket tours for kids on various topics like fueling for sports
- Summer camp workshops
- Train the trainer for using the Stop & Shop Nutrition Partners Kids Cooking Club Toolkit
- Virtual workshops for parents, students and families to learn about our programs and services



A large white circle is positioned on the left side of the slide, partially cut off by the edge.

ADDITIONAL RESOURCES

Ways to Save at Stop & Shop



Guiding Stars

A quick and easy way to identify more healthful options of groceries and recipes in-store and online. Follow the stars!



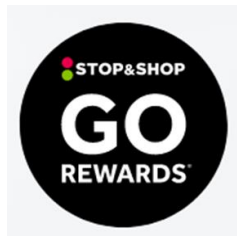
Deal Lock

Save on your grocery bills with these locked in savings for weeks when you shop the Deal Lock sales. Items are on sale for an extended period of time.



Our Picks

Healthier grocery options at a discounted price, approved by our Registered Dietitians.



Go Rewards

Earn and turn your GO points into cash to spend on groceries or gas. Sign up online or at our savings station in-store.



Ways to Save at Stop & Shop



Circular

Save on your grocery bill by checking the weekly circular. You will also find healthier options recommended by our dietitians too!



Savings Kiosk

Load digital coupons to your Stop & Shop card by visiting our savings Kiosk! Simply, tap or enter your phone number. Also get free items for checking in at the kiosk during participating weeks.



Stop & Shop App

Download the Stop & Shop App for easy access to shopping online including clipping digital coupons.



Produce Prescriptions / FoodCare®

Stop & Shop partners with organizations to accept and offer nutrition incentive programs.



Digital Tools

- Ecomm online – filters by diet, guiding stars etc.
- Digital ad & GO Points online
- GO Rewards
- App

STOP & SHOP GO REWARDS

427
Available Points

Points expiring Jul 31	252 pts
Points expiring Aug 31	175 pts

[Point Details](#)

[Earn Points](#) [Redeem Points](#) [My Rewards](#)

Bonus Offers

Congrats, you've activated your personalized offers. Want to earn even more GO Points™? Shop qualifying products online or in-store.

New

Earn 480 GO Points™

When You Spend \$220 or more on your next in-store or online transaction

Exp 07/09/2025 Expires Tomorrow

New

Earn 100 GO Points™

When You Buy ONE (1) Stop & Shop Fresh Salsa All Varieties and Sizes. Limit One.

Exp 07/09/2025 Expires Tomorrow

New

Earn 90 GO Points™

When You Buy ONE (1) Tyson Fully Cooked Chicken 19 oz. - 25.5 oz. All Varieties. Limit One.

Exp 07/09/2025 Expires Tomorrow

Savings

Sales
Weekly Ad
Coupons

Looking for the weekly ad? Switch your shopping method to Pickup or In-store.
[Change Shopping Method](#)

Although the weekly ad is not viewable for delivery customers, weekly ad pricing is available to all customers. While we work to update our weekly ad experience for delivery customer, browse these personalized savings.

Best Deals For You
[View All](#)

SALE

\$3.50 ~~\$6.79~~

Al Fresco Natural Roasted Garlic Chicken Sausage - 4 ct
11 oz pkg | \$5.07 /lb

Add to cart

SALE

\$3.50 ~~\$6.79~~

Al Fresco Natural Sweet Apple Chicken Sausage - 4 ct
11 oz pkg | \$5.07 /lb

Add to cart

SALE

\$3.50 ~~\$6.79~~

Al Fresco Natural Sweet Italian Style Chicken Sausage - 4 ct
11 oz pkg | \$5.07 /lb

Add to cart

SALE

\$4.49 ~~\$6.29~~

Almond Breeze Vanilla Almondmilk Unsweetened
96 oz jug | \$0.05 /oz

Add to cart

SALE

\$3.67 ~~\$5.99~~

Asparagus
1 bunch | \$3.67 /ea

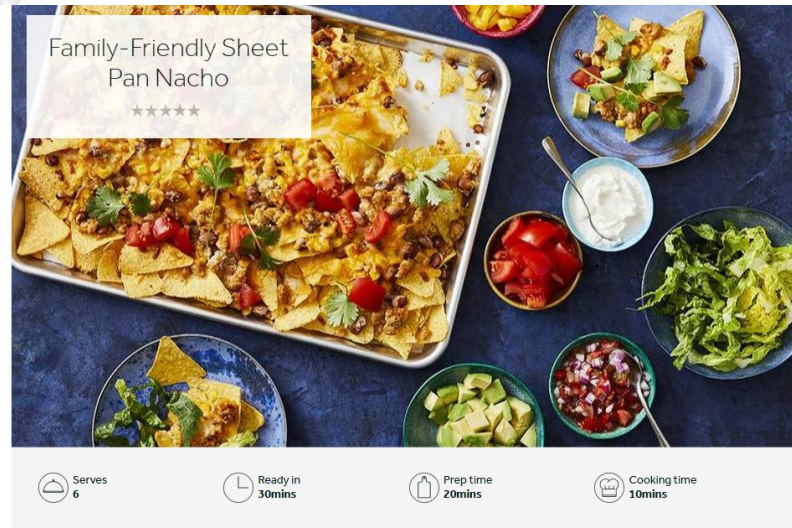
Add to cart

Recipe Inspiration

Savory Magazine – available digitally online & in stores

Add ingredients to cart

Shop now



Lighter than traditional nachos, these feature ground turkey and tons of veggie garnishes for an easy, family-friendly weeknight dinner.

Add ingredients to cart

Shop now

Nutrition information

CALORIES	FAT	SATURATED FAT	CARBS	SODIUM
515kcal	23.0g	5.0g	47.0g	346mg
26%	35%	25%	16%	14%

4.0g sugar 9.0g fiber 30.0g protein 65mg cholesterol

Choose your products for:
Family-Friendly Sheet Pan Nacho | serves 6

Show me: Budget Standard Premium

You will need:

- 0.5 fl oz canola oil \$4.29
- 1 lb 99% lean ground turkey breast \$9.79
- 0.1 oz ground cumin \$3.99

Total: \$40.53

Add to Cart





CONNECT WITH US

Connect With Us

**Want more information about our programs and services?
Research and collaboration questions?
Want to schedule a supermarket tour?**

Nutrition@stopandshop.com

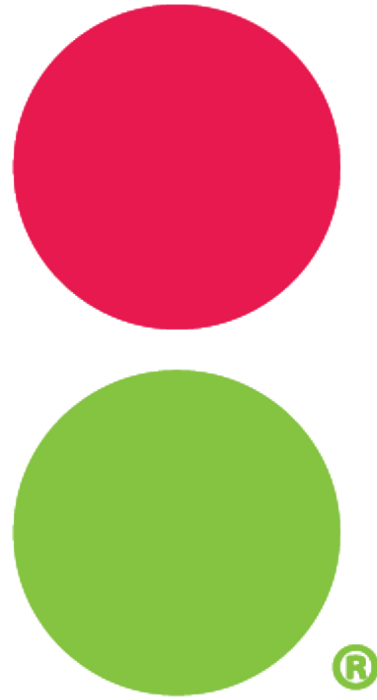
Spanish programs and services

Nutricion@stopandshop.com

Booking the Wellness Space (Boston)

GroveHallNutrition@stopandshop.com





Thank You