

# ACTIVIA®

## 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

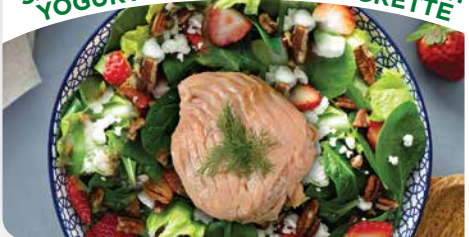
#### A GARDEN OF GUT HEALTH

**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



# ACTIVIA®

## RETAIL DIETITIAN PROMOTIONAL CALENDAR

### 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

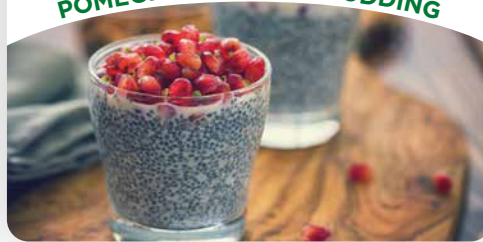
#### YOUR GUT IS WHERE IT ALL BEGINS

**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

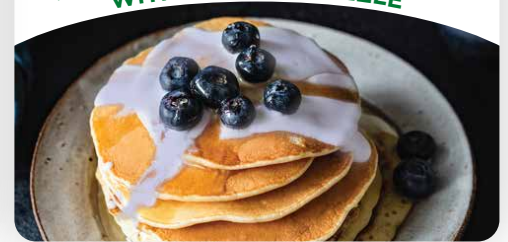
#### UNDERSTANDING 'BIOTICS

**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

