### Exclusive Webinar Presentation Supermarket Nutrition: Promoting Health through Shopper Engagement

Presented by Barbara Ruhs, MS, RD, LDN





**Complimentary 1-Credit Continuing Education Webinar** 



### **Disclosures**

Barbara is a consultant to:

- Avocados from Mexico
- National Beverage Corp.
- Arla Dofino

## Learning Objectives

Suggested CDR Learning Codes: 7050, 7070, 7120, 7210; Level 2

- 1. Review the varying roles and duties fulfilled by supermarket dietitians.
- 2. Define customer engagement and discuss why it is important for dietitians.
- 3. List 5 key customer engagement strategies for dietitians.

# Setting the Stage...



### 20% of All U.S. Spending

- 70% of all health-care costs are the direct result of behavior.
- 74% of all costs are confined to four chronic conditions (cardiovascular disease, cancer, diabetes and obesity)



Image source: http://www.anniefitzsimmons.com

### **1 Doctor's Visit Per Year**

### Shoppers Per Week

- •Safeway 44 million (1300 stores)
- •Kroger 68 million (2400 stores)
- •Wal-Mart 260 million (11,000 stores)

### Steve Burd, Former CEO, Safeway

"Today, we're a supermarket company selling wellness services and wellness products, within 10 years, Safeway will transform into a wellness company that happens to sell food." (2013)



Image source: Inspirationsforlife.tumblr.com

# SUPERMARKET DIETITIANS: ROLES & DUTIES

- 1. Corporate Dietitian
- 2. Store-Based Dietitian
- 3. Consultant Dietitian

### **U.S. Supermarkets**



Image source: davidolenick.com

- 85 % have a corporate dietitian on staff
- 30% have an in-store Registered Dietitian



# **Corporate Dietitian**

- Customer Nutrition Advocate
- Nutrition Advisor to Buying Team
- Program Manager
  - Liaison to Food Companies
  - Marketing & Advertising
- Nutrition Spokesperson
- Community Partnerships
- Nutrition Labeling & Regulatory
- Product Innovation (ie. Store Brands)
- Social Media Outreach
- Employee Wellness Programs



## **In-Store Dietitian**

- Food Demo-Sampling
- Customer Service: Ask the Dietitian
- Nutrition & Culinary Education
- In-Store Nutrition Counseling
- Store Tours & Group Classes
- Merchandising Displays
- In-Store Wellness Advocate





### A Dietitian in Every Store!

### Dietitian services:

- In-Store Nutrition counseling
- Shopping Tours
- Health Screenings
- Weight-Loss Classes
- Culinary Education
- Community Events
- Kids Programs & Events
- Healthy Check Out Lanes
- Healthy Meal Solutions







### **Dietitian Signage**

### neet our Registered Dietitian

Nicole can answer your questions and concerns about food, products, nutrition and health.

#### Services Include

- Individualized nutrition counseling
- Personalized shopping as:
- Supermarket tour
- Group nutrition classes
- Diabetes education
- Food allergy and intolerance information
- Group seminars in our store and throughout the community

Join one of our many nutrition programs this month.

Nicole Johnson, RD, LD





### **Healthy Check Lanes**



### Food Experiences In-Aisle

- 5 minute cooking class
- Butler-style experience
- Class samplers
- Kids cooking class







Mobile APP Connecting In-Store Dietitians with Shoppers Dietitian-Driven Shopper Loyalty

**User-Friendly** 

Connect & Coach® by PHRQL (Freckle)

Personal Health Recording for Quality of Life

- HIPAA compliant EHR designed for supermarket dietitians (over 300 supermarket RD's using today)
- Capture customer interactions: 1 on 1, groups, DSME, in the aisles
- Connect to the health care system
- Bill insurance companies
- Measure sales increase from RD services
- Generate ROI while improving consumer health

Learn More: www.phrql.com







Brought to you by PHRQL

### Eat Well, Live Well Program

9 Corporate & Regional RDs :

- 4 Pillar Program "Half Plate Healthy"
- Corporate & Employee Wellness
   "Challenge"
- Wellness Keys on Products (gluten free, vegan, high in calcium, etc.)
- Eat Well, Live Well prepared foods
- Medical "Sneak Peak" to engage local health professionals

Jane Andrews, RD – TEDxRochester presentation <u>http://bit.ly/1Gsxeyw</u>



85 Store Locations: New York New Jersey Maryland Massachusetts Pennsylvania Virginia



Join us for our Sneak Peek Event for Medical Professionals Get a taste of our newest Wegmans before Grand Opening!



#### Learn how we can help you and your patients at Wegmans

Wednesday, May 18, 2011 6:30 PM — 8:45 PM Wegmans Frederick 7830 Wormans Mill Rd., Frederick, MD 21701

#### Learn how Wegmans helps customers with

- Health and wellness
- Information, products, and recipes related to diabetes, celiac disease, heart health, and food allergies
- Healthy, easy, affordable meals
- Food safety
- Pharmacy services

#### Please join us for a fun & informative evening

**6:30** PM – **7:30** PM - Meet, greet and eat! Sample a variety of fresh appetizers while visiting our special information booths.

**7:30** PM – **8:30** PM - Presentations by Wegmans registered dietitians, pharmacist, and food scientist.

**8:30** PM – **8:45** PM - Q&A session, raffle prize drawings, and a complimentary gift bag to everyone attending!





It's like having your own personal shopper, chef, and wellness coach!

### 7 Regional Dietitians Throughout Texas

- Cooking Classes
- Nutrition Consultations in-store
- Group Health Classes
- Grocery Store Tours
- Lunch and Learn for Health Professionals
- Corporate Worksite Wellness
- Community Events
- Media Outreach



Rita Zapién, MS, RD, LD, CDE H-E-B Dietitian



Lorena Kaplen, RD, LD H-E-B Dietitian





www.heb.com/nutrition





### **Eat Well at Festival Foods**





#### Stephanie Schultz, MSM, RDN, CD

Wellness & Communications Director

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### Festival Foods Brand Partnerships to Engage Customers

- Weekly Circular (print and online)
- Additional:
  - Radio Lives, Cooking Videos, Blogs, Social Media
- In-store display execution

   RD Regional Managers/Store Leads
- Tie in additional partnerships

   These must work with vendor partners
- Sales/Reports

### Sweet & Sloppy Joes







**Cooking Corner Sweet and Sloppy Joes** 

## **Sweet & Sloppy Joes**

The Dietitian's Top Pick: Lipton® Iced Black Tea + GIVEAWAY!





With the kids back in school, are you looking for a simple weeknight dinner meal idea? Festival's got you covered this week with our family-friendly <u>Sweet and Sloppy Joes Eat We</u> Ad! In order to keep some summertime flare in this comfort

food recipe, I'm pairing my Sloppy Joe with this week's pick, Lipton® Iced Black Tea!

#### Eat Well Wednesday: Infused Iced Tea Recipes + GIVEAWAY!



It never fails that as soon as school starts up for the year, the hot summer weather sneaks back in! Warm days always call for a cool, refreshing drink, so today we're sharing not one but TWO delicious Lipton<sup>®</sup> Iced Tearecipes Thyme Iced Tea or Basil Mojito Iced Tea, both infused with tons of flavor from fresh herbs and citrus. You can't go wrong with either flavor combination! The nice part about making your own iced tea is that you can control how much sugar is in the final product: skip the sugar altogether or add it in small amounts to meet your taste preference. Be sure to brew up a batch of these thirst-quenching teas as you enjoy the remaining summertime sunshine!

What's your favorite type of fruit to toss in your iced tea? Leave a comment below, and you will be entered to win a special Lipton Tea Gift Basket! (BONUS: Get a double entry if you comment on our Facebook page as well!). A winner will be chosen on Friday, September 12<sup>th</sup> at 12pm CT.



There is nothing I love more than taking a traditional recipe and giving it a little the flavor and keep my family excited about mealtime! Today I am making Slop of the state of the state



For the week of 9/7/

**GLUTEN FREE** 

all food favorites, like Certified Anous B

oht Tuna for a delicious sandwich, and pair with

tilla Chins

ppy Joes (recipe below

Joes



Health & Wellness Strategic Priority: Position Giant Eagle as a destination for Health & Wellness (H&W) by focusing on customer satisfaction and loyalty.

- 7 Dietitians in the Corporate Office and the majority of RDs in-store
- Privately owned and familyoperated since 1931
- 231 supermarkets and 195 convenience/fuel stores:
   Pennsylvania, Ohio, West Virginia and Maryland, Indiana (2015).



### **Programs in Place to Deliver on H&W Strategy**

- Expanded # of stores with consistent Nutrition Services (currently 30)
- Added a dedicated Dietitian to Specialty Pharmacy
- Launched chain-wide Dietitian Pick Program (January 2015)
- H&W involvement in Own Brands Steering Committee
- Optimizing Dietitian Services to meet customer needs
- H&W Alignment with Marketing/Merchandising Editorial Calendar







# **Dietitian Picks in Action**

- Logo is included on qualifying products in television commercials
- Efforts are made to ensure What's Cookin' recipes and weekly eAdvantage items include Dietitian Pick recipes and products on a routine basis









PICK

Prep Time: 10 minutes

Marinating Time: 10 minutes

Bake Time: 15 minutes

#### Ingredients:

- Giant Eagle<sup>®</sup> cooking spray
- 1 lb. halibut, cut into 4 4-oz. pieces
- ½ cup orange juice
- 1 Tbsp. orange zest
- 1 tsp. fresh rosemary, minced
- · Salt and pepper for seasoning





### **Supermarket RD Programs**

- Hannaford Bros. (New England)
- ShopRite/Wakefern (NY, NJ, PA)
- Big Y (MA)
- United Texas (TX)
- Lowes Foods (NC)
- Kroger (OH)
- King Soopers (CO)
- HAC Retail (OK)
- Jewel-Osco (IL)

- Meijer (MI, IL, NE)
- Publix (FL)
  - Martin's (Ahold USA NY, PA)
  - Weis Markets (PA)
  - Redner's Markets (PA)
  - Harmon's (UT)
  - Reasor's (OK)
  - Loblaws (CANADA)
  - Sobey's (CANADA)

### Health: Impact Public Health

- Disease rates
- Utilization of healthcare services
- Changes in consumption (produce, seafood)
- Knowledge of nutrition
- Awareness of healthier choices

### **Business: Impact Sales**

- Incremental sales of healthier products
- Increased revenue source(s) from RD programs
- Increased customer counts, media
   impressions
- Competitive advantage

# CUSTOMER ENGAGEMENT: THE KEY TO SUCCESS

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## What is Customer Engagement?

The extent of a customer's willingness to invest his or her discretionary time with a company for mutual benefit.
#### **2 Key Components**

## ARXQCACY & INVOLVEMENT

#### Why is engagement important?

#### **Advocacy & Involvement**

- Each advocate brings you **3 new customers**
- Spend 2x as other customers with decreased price sensitivity
- Reach additional 150 people with social media

#### **Dietitians are the Key to Engagement**



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## Dietitians' Strategies to Engage Customers

#### 5 Tips on Being a Better Salesperson

## **1. Share Your Passion & Believe in Your Brand**

- Get in "State"
- Relate to people: What's your story? Elevator pitch
- Why do you shop at a particular store?

Tony Robbins is a master of customer Engagement Tonyrobbins.com





## 2. Know Your Customers & Your Competition...and Up Sell

- Why are customers coming to your store? How can the RD maximize?
- Why one store vs. the competition?
- Increase perceived value of RD services



### **3. Be An Expert & Be Helpful**

- Be prepared!
- Be approachable
- Know the surroundings
- Offer solutions
- Cross training



Image source: chalkboardwisdom.etsy.com

# **4. Be A Team Player & Learn From Experts**

- Learn about the jobs of other store personnel – how can you support each other?
- Find a good salesperson and study them!



### 5. Anticipate Objections & Learn From Mistakes

- What prevents customers from using your services?
  - time?
  - cost?
  - already healthy?
- Failures are a blessing in disguise



#### Summary: Success Tips for Dietitians



Image Source: davidolenick.com

- 1. Share Your Passion & Believe in Your Brand
- 2. Know Your Customers & Your Competition & Up-Sell
- 3. Be An Expert & Be Helpful
- 4. Be A Team Player & Learn from Experts
- 5. Anticipate Objections & Learn from Your Mistakes





Image source: USDA's Center for Nutrition Policy and Promotion

#### For More Information...Contact Me



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#### **Credit Claiming**

You must complete a brief evaluation of the program in order to obtain your certificate. The evaluation will be available for 3 months; you do not have to complete it today.

#### **Credit Claiming Instructions:**

- Go to <u>www.CE.TodaysDietitian.com/SupermarketNutrition</u> OR Log in to <u>www.CE.TodaysDietitian.com</u> and go to My Account→ My Activities→ Courses (in Progress) and click on the webinar title.
- 2. Click "Continue" on the webinar description page. Note: You must be logged-in to see the "Continue" button.
- 3. Select the Evaluation icon to complete and submit the evaluation.
- 4. Download and print your certificate.

Please Note: If you access the Evaluation between 3-4 pm ET on 5-27 you may experience a slow connection due to a high volume of users.