

# Meijer Continues to Offer Health & Wellness Resources to its Communities

At Meijer, our registered dietitians play a pivotal role in promoting health and wellness throughout our communities. With their expertise in nutrition and dedication to customer well-being, they provide guidance to our customers and team members who are looking to make informed dietary choices. In this Q&A, we delve into the world of our registered dietitians, Beth Eggleston and Jodie Vander Meer. We'll get to know their backgrounds, explore their passions, and learn some healthy lifestyle tips along the way.

## **What made you want to be a Registered Dietitian?**

BE: I have always LOVED food and cooking. I also knew I wanted a career in health care and originally majored in kinesiology. One prerequisite course for the major was a Nutrition 101 class - I fell in love. Nutrition was so fascinating to me and married my love for food with health care applications. Additionally, food is a common denominator. Everyone must eat, so why not eat well?

JV: I always knew I wanted to be in a profession that served others. After taking Nutrition 101 in college, I was hooked. In the early part of my career, I worked at a hospital helping patients with various diseases. At Meijer, I've enjoyed starting [Nutrition by Meijer](#) and working with vendors to provide opportunities to our customers. My goal has been to empower people to make healthy eating a natural and fun part of their lifestyle.

## **What's the easiest change anyone can make to live a healthier lifestyle?**

BE: I think this can be summed up by Michael Pollan, author of "In Defense of Food": "Eat real food, not too much, mostly plants."

JV: Get moving! Any type of movement is better than none. Take a walk at lunch, schedule a walking meeting or carve out a defined time in your schedule to exercise. Movement is not only great for our gut motility but our mental health.

## **What's a pantry staple you have in your own home?**

BE: Lemons! They go with so many foods and add brightness to any dish.

JV: Canned beans. Garbanzo beans are my favorite type of bean, but I love having an assortment of beans in my pantry. They are versatile, shelf-stable, and budget friendly. Recently, I've been seasoning garbanzo beans, air frying them, and putting them on my salads.

## **What do you love most about working with [Meijer own brand products](#)?**

BE: I love knowing the background of the different own brand products. Having gotten to know several of the buyers, it's interesting to hear the origin stories of the products that make their way to Meijer shelves. I think a lot of people take for granted that an item is available for purchase and don't realize the labor of love it took to get it there.

JV: I love the quality and affordability of the Meijer own brand products. From True Goodness to Frederik's by Meijer we have everything to meet our customers' needs. My favorite own brand products are the Frederik's by Meijer Pretzels and Meijer Honey Peanut Butter!


## **What's a food trend you're jumping on this year?**

BE: Fermented foods – I have always been fascinated with the human microbiome. Research suggests that our gut plays a much bigger role in our body than we originally thought. Having a healthy gut can lead to improved immunity and mental health (the gut-brain axis!). Fermented foods have healthy bacteria (probiotics) that can help support a

thriving and diverse microbiome, potentially leading to better overall health outcomes.

JV: I have always been a huge fan of cottage cheese, and it is having its moment! I'm seeing cottage cheese being added to eggs, muffins, dips, pasta and many other recipes. Cottage cheese is packed full of protein which helps keep us fuller longer! I love seeing all of the recipe's cottage cheese is being incorporated into.

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