Healthy Summer Eating Email Campaign – Email Blurbs

Week 1 – The ABCs of a Healthy BBQ

Warmer weather usually means we get the itch to bring out the grill! Check out some tips and ideas for your next BBQ and serve up some tasty and healthy summer meals.

Week 2 – Healthy Marinades

Marinades give your foods a boost of flavour. Learn how to make healthier marinade choices and even make your own! We have some tasty recipes to try.

Week 3 – Grilling Recipes

Need some new recipes to try on the grill? We have you covered! Check out our suggestions for grilled corn salad, shrimp skewers and more!

Week 4 – Burgers, Slaw, and Marinades

Grilled burgers and slaw are a summer favourite, but why not change things up from the usual beef burgers and creamy coleslaw? Give these burger and slaw recipes a try! We’re also sharing a few tasty marinade recipes.

Week 5 – Good-For-Your Summer Salads

With so many fruits and vegetables in season during the summer, it’s a great time to incorporate them into your meals. Let the fresh flavours shine with these tasty summer salads!

Week 6 – Sweets of Summer

Everyone likes dessert! Learn if frozen yogurt is really a healthier option and check out some easy-to-make frozen treats that will keep you cool and on track with your healthy eating.