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## **Market Street’s ‘Build a Better Basket Expo’ Shows Guests Small Diet Changes Can Deliver Big Results**

**(Lubbock, Texas)** – To encourage smarter eating choices for the New Year, [Market Street](#) will hold its ‘**Build a Better Basket Expo**’ at all 15 Market Street locations in West Texas and the Dallas/Ft. Worth area from **11 a.m. to 5 p.m. on Saturday, Jan. 9 and Sunday, Jan. 10.**

During the free event, guests can browse through 21 demo stations and sample items throughout the store. Additionally, guests have the opportunity to receive free blood pressure and glucose screenings and learn more about the resources Market Street provides shoppers, including [dietitian-led store tours](#) and food options for a variety of dietary lifestyles.

Market Street registered dietitians conduct four different tours each month: Healthy Shopping 101, Easy Diabetes Shopping, Healthy Heart Cart, and Living Gluten and/or Dairy Free. Guests who attend a dietitian-led tour also receive a \$5 Market Street coupon. Guests interested in attending can sign up online at [www.marketstreetunited.com](http://www.marketstreetunited.com).

“Now that many guests have committed to a healthier lifestyle in 2016 and New Year’s resolutions are in full swing, the Build a Better Basket Expo allows us to showcase how small diet changes can deliver big results and that you can find nutritional food in almost every aisle of the store,” said Robin Hawkins, MS, RD, LD, director of health and wellness for [The United Family](#). “Our goal is to make healthy eating as easy as possible for guests and to provide resources that allows for easy decision making, such as the Build a Better Basket Expo.”

New in 2016, The United Family is introducing “Color Your Basket,” a health and wellness campaign spotlighting a different color each month to share the power of food, health benefits and how to incorporate a variety of items into your meals. Guests will find specific foods with a “Color Your Basket” tag beginning in January, which indicates that the product is recommended by Market Street dietitians for its nutritional value. Guests are encouraged to color their basket green in January, with foods, such as green tea, broccoli, avocado, green smoothies and more.

Expo stations will also feature various dietitian-recommended products for guests to sample, including items in the Deli, Grocery, Product and Bakery departments. A full list is included below:

### **Deli**

- Lite Chicken Salads
- Rotisserie Turkey
- Acai Smoothies

- Perfect Fit Meals

### **Grocery**

- Kura Protein Powder
- Barbara's Cereal & Pacific Foods Alternative Milks
- Peeled Snacks & Stoneridge Orchard
- Beanfields Chips & O Organic Salsa
- Wow Baking Cookies & Simply 7 Chips
- Way Better Snacks & Mamma Chia Beverages
- Siggis's Yogurt & Nature's Bakery Fig Bars
- Nibmor Chocolate Bars

### **Produce**

- Good Sense Organic Nuts and Snack Mixes
- Evolution Juices

### **Bakery**

- Fresh Baked Granola Parfait with Siggis Yogurt-Plain
- All-Natural Swiss Muesli
- Alpine Valley 12 Grain Omega-3

### **Market**

- Chili made with Open Nature Ground Beef and topped with O Organic shredded cheese
- Open Nature Shrimp with Salads of the Sea Cocktail Sauce

### **About Market Street®**

Market Street® is a unique and inspiring shopping experience – the place to go for people who care about food, who want a healthier lifestyle, and who are open to fresh new food ideas. It's the place "where everyday meets gourmet" – where guests can bring many shopping lists to one store. Market Street locations can be found in Abilene, Allen, Amarillo, Colleyville, Coppell, Flower Mound, Frisco, Lubbock (3), McKinney, Midland, Odessa, Plano and Wichita Falls.

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