

SPECIAL SUMMER-TIME EDITION!



HealthySTART

YOU HAVE THE POWER

VOL.XVVI • SUMMER • FREE

4 WAYS to have a Fun and Healthy Summer



(and Career), Compliments of Pick 'n Save



SPECIAL SUMMER EDITION SPONSORED BY:





KEEPING KIDS COOL AND FUELED FOR SUMMER

School may be out, but nutritious and delicious eating is always in.

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Frozen popsicles and ice cream are a go-to when temps are on the rise.

But nibbling on fresh, seasonal fruits and vegetables is also a fan-

tastic way to ensure little ones, tweens and teens are getting the vitamins, minerals and everything they need in between.

In fact, neighborhood grocer Pick 'n Save has a variety of registered dietitian-approved recipes that both children

and adults will love devouring.

Best of all you can find them now on the Pick 'n Save blog, The Fresh Lane (<https://www.pickn-save.com/blog/health>).

From meal prep tips to creative and craveable menu ideas, Pick 'n Save can help you make healthy eating a breeze and fun.

Try making watermelon smoothies

Smoothies are a summertime staple. This watermelon sipper

recipe from Pick 'n Save is sure to be a hit!

It's bursting with flavor and provides a refreshing way to beat the heat. Here's what you'll need:

- 3 cups frozen watermelon chunks (freeze fresh watermelon in a single layer on a baking sheet for at least 4 hours)
- 1 cup vanilla dairy-free almond milk yogurt
- ¼ cup canned coconut milk
- 3 scoops vanilla

plant-based protein powder (optional - for an extra protein boost)

- ¼ cup fresh mint leaves
 - 1 tablespoon chia seeds
 - 1 tablespoon ground flax seed
 - 1 teaspoon lime zest
- Combine all ingredients in a blender for 60 seconds or until smooth.

Adjust consistency with additional almond milk or water if desired.

(continued on page 3)



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Pour into glasses and enjoy! The leftover smoothie can be refrigerated for later.

Stay savvy in the sun

Healthy eating is just one tip for a safe and enjoyable summer. Staying hydrated is also a must, especially on hot days.

Remind kids to take regular breaks in the shade and sip water or other hydrating drinks to keep their energy levels up and avoid dehydration.

Whether they are riding bikes, going to the playground, splashing in the pool or simply playing in the yard, send kids outside with filled water bottles every time.

Encourage them to drink water frequently, even before they feel thirsty, to help stay well-hydrated.

Don't skip the sunscreen either! Applying the right SPF sunscreen protects delicate skin, especially for babies and young children,

from harmful UV rays during pool time, outdoor play, and any time spent under the sun.

Choose a broad-spectrum sunscreen with at least SPF 30 and apply it generously to all exposed skin. Remember to reapply every 2 hours or more often if the kids are swimming or sweating.

Wearing hats, sunglasses and protective clothing can also provide extra layers of defense against the sun's rays.

Enjoy an easy dinner after a day of play

Fun in the sun often comes with big appetites. In just 20 minutes you can make this recipe for chopped grilled summer vegetable salad.

Start by filling your cart with fresh produce from Pick 'n Save or have the kids help pick their favorite veggies from your own garden. Suggestions include:

- 1/2 lb. asparagus, trimmed
- 1 red bell pepper, cut into 4 planks
- 1 zucchini, quartered lengthwise
- 1 red onion, halved
- 1 (8 oz.) container mushrooms
- 1 (8 oz.) container cherry tomatoes

Brush avocado oil over asparagus, bell pepper, zucchini and red onion. Place mushrooms and tomatoes on skewers, and brush with avocado oil.

Grill vegetables 2-5 minutes, until very tender. Remove vegetables from the grill as

they get done. Allow to cool slightly.

Using a blender or food processor, you can make this brightly flavored lemon and basil dressing that's vibrant and refreshing:

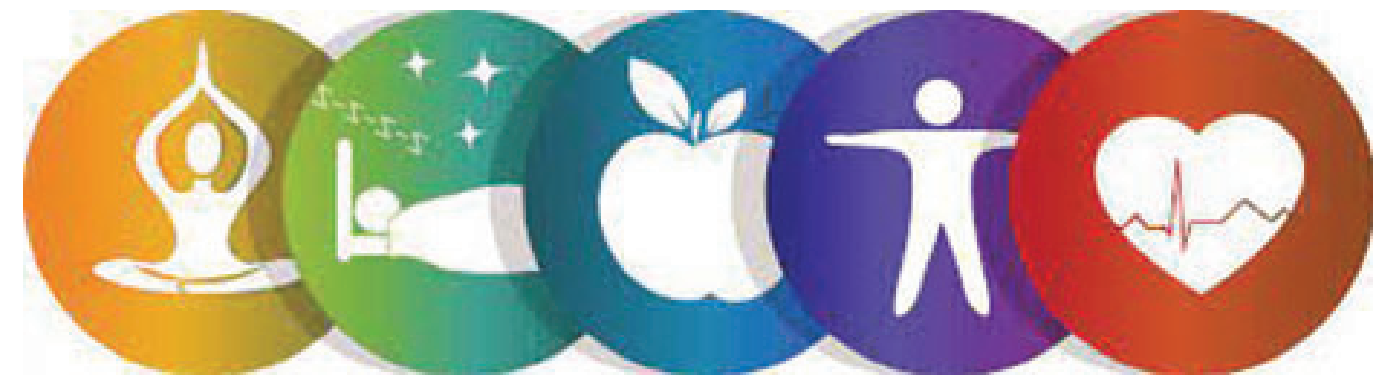
- 1 cup fresh basil
- 1 lemon, juiced and zested
- 1 small shallot, roughly chopped
- 1 clove garlic
- 1 tbsp. champagne vinegar
- 1/4 cup olive oil
- 1/2 tsp. salt
- 1/4 tsp. pepper

Once the grilled vegetables are cool enough to handle, chop into bite-size pieces.

Place vegetables over 1 (6 oz.) box spring mix and drizzle with lemon basil dressing.

Serve as a main dish or side and refrigerate any leftovers for lunch or dinner the next day.

It's easy to enjoy a healthy start to summer with Pick 'n Save and trusted tips from The Fresh Lane blog (<https://www.pickn-save.com/blog/health>)!



Kroger Health Announces Nourishing Change Conference to Address the Future of Health and Wellbeing

CINCINNATI—Kroger Health, the healthcare division of The Kroger Co. (NYSE: KR), announced its Nourishing Change Conference, which will take place beginning on the evening of Monday, July 15 through Wednesday, July 17, at the Hard Rock Casino in Cincinnati.

This groundbreaking event is designed to explore the transformative power of nutrition, consumer product goods, technology, retail and other health interventions that can improve the wellbeing of individuals and communities, reflecting Kroger Health's vision to help people live healthier lives.

"Empowering communities is essential for improving health outcomes and ensuring everyone can make healthy choices. It requires a collective effort – from healthcare providers to grocery retailers, policy makers and individuals," said Colleen Lindholz, president, Kroger Health.

"With our upcoming Nourishing Change Conference, we're rallying innovators from all corners of business, technology, academia, government and health to discuss how we can collaborate

and engage communities to address the barriers that exist for better health.

"Together, we can redefine the role of food in health and wellness and make a lasting difference in people's lives."

The conference will bring together a diverse group of leaders to explore pioneering products and services that signal what the future of retail, health and nutrition can look like.

Discussions will delve into the role these organizations and innovations can play in nourishing the health of our communities. Participants will have the opportunity to personalize their experience through three different tracks, including nutrition insecurity, redefining healthy eating and integrative care.

Panel sessions will cover topics surrounding:

- Using Technology to Tackle Health & Nutrition Inequities
- Closing Nutrition Gaps in Underserved Communities
- The Multifaceted Approach to Weight & Diabetes Management.

The conference will kick off with a networking event and concert on Monday evening, followed by two full days of engaging and impactful keynote and panel discussions.

It will also include an emerging brands competition, allowing attendees to interact with up-and-coming companies and learn how their products provide healthy options for customers.

Attendees can vote for their favorite emerging brands. The top three brands will have the unique opportunity to present their product and share their brand story on the main stage during the conference.

Additionally, Kroger Health is excited to announce Padma Lakshmi, an Emmy-nominated television host, producer, and food connoisseur who has made significant strides in the culinary world, as a keynote speaker.

"Kroger Health is well positioned to impact people's lives by bridging the gap between food and health.

"Getting new perspectives through ongoing dialogue, innovation and collaborations empowers us to keep thinking bigger and finding new ways to make health, wellness, and nutrition more accessible to the communities we serve," said Jim Kirby, chief commercial officer of Kroger Health.

"We're excited to convene some of the top minds at Nourishing Change to explore how personalized approaches to food and nutrition can proactively combat illness and alleviate the strains on our health system."

Registration is now open to the public via the conference website, along with information about speakers and travel accommodations. To learn more about the Nourishing Change Conference and register for the event, visit nourishing-change.com.

Source: PRNewswire via [thekrogerco.com](https://www.thekrogerco.com)

Krusin' with Kroger



Community Haps Involving Kroger and Pick 'n Save!



Did you know that 38% of food produced in the U.S. is thrown away?



That means 229 million tons of surplus available food goes unsold or uneaten every year, in addition to food left unharvested on farms. At the same time, nearly 42 million Americans – one in eight – struggle with hunger. This just doesn't make sense.

Kroger's Zero Hunger | Zero Waste action plan aims to change those numbers.

Zero Hunger | Zero Waste is our social and environmental impact plan.

It sits at the center of our ESG strategy and reflects our commitment to build a more resilient, equitable and sustainable food system that improves access to affordable, fresh food for everyone – for generations to come. Learn more about our progress in Kroger's 2023 ESG Report.

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Zero Hunger | Zero Waste Action Plan

We've learned a lot since introducing our Zero Hunger | Zero Waste plan five years ago. Today, Kroger's commitment expresses our mission to:

Feed Expand surplus food recovery and redistribution to provide a total of more than 3 billion meals to our communities by 2025 (cumulative).	Nourish Improve health and well-being by promoting fresh foods and affordable, better-for-you options for our customers.	End waste Embed retail best practices to optimize ordering, extend freshness and reduce waste in our own operations.
Inspire change Direct funding to social entrepreneurs who are transforming our food system through The Kroger Co. Zero Hunger Zero Waste Foundation's Innovation Fund.	Advocate Support public policy and legislative solutions that improve food access and create infrastructure for a zero-waste future.	Transform Advance planet-forward agricultural production methods around the world to conserve natural resources and protect habitats.
Collaborate Cultivate long-standing and new partnerships for meaningful collective action to achieve our Zero Hunger Zero Waste goals – because we can't do it alone.	Build stronger communities Align charitable giving, community engagement and company-wide impact goals to create a better future for people in the communities we serve.	Source: The Zero Hunger Zero Waste Action Plan courtesy of thekrogerco.com See milestones reached by Zero Hunger/Zero Waste Action Plan on page 3.

Zero Hunger | Zero Waste Milestones

Goal:
Direct 3B meals to our communities by 2025

Progress:
Achieved 3B meals to date (food + funds)



Goal:
Align more giving to Zero Hunger/Zero Waste Plan

Progress:
\$1.3B in strategic giving to feed more people in our communities

Goal:
Expand food waste recycling

Progress:

Goal:
Donate healthier surplus food to local hunger relief agencies

Progress:
45% of retail donations are from Produce, Dairy and Deli to support better nutrition

Progress:
92% of retail stores are actively recycling food waste through animal feed, composting or anaerobic digestion.

Goal:
Rescue more surplus fresh food stores for donation

Progress:
582M pounds rescued to date; 100% of stores are actively donating food

Goal:
Achieve zero operational waste (90%+) and 95%+ food waste diversion by 2025

Progress:
82% total waste diversion: 45.9% food waste diversion from landfills



Natasha Payne is the Store Director at our South Milwaukee store at 2931 S. Chicago Ave.

Fund Summer Fun and Jumpstart Your Career

If you're a high school or college student taking a break from classes, now is the prime time to gain valuable work experience and fund your summer fun.

Whether you're looking for a summer job or a part-time position to carry on during the school year, Pick 'n Save and Metro Market grocery stores can help you start building a strong foundation for your future. So why not apply today!

As an employee of Pick 'n Save or Metro Market, you will find a supportive and hands-on learning environment where people matter.

For students, this means more than just a job; it's an opportunity.

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Pick'n Save®

Our Fresh & Quality Guarantee

If you don't love an item, we'll make it right with a replacement or refund.



At Pick 'n Save, we're Fresh for Everyone™. That means every person, every product, every time. So if your produce isn't 100% fresh, we want you to know we'll make it right. That's our freshness guarantee.



Scan the QR code to learn more.



Fresh Food Delivered to Your Doorstep

Imagine waking up on a bright summer morning with a stress-free feeling knowing your groceries for the week are being delivered right to your door.

Imagine waking up on a bright summer morning with a stress-free feeling knowing your groceries for the week are being delivered right to your door.

With Kroger Delivery serving Pick 'n Save stores, this dream can be your reality. That's a great way to start the day!

By combining state-of-the-art refrigerated trucks with seamless online ordering, Kroger Delivery is summer's hottest hack for spending less time running errands and enjoying more fun. Whether you're a busy professional, a parent juggling multiple responsibilities or have a senior family member you help care for, the convenience of Kroger Delivery offers a shopping solution tailored to fit your lifestyle.

Plus, you get the added peace of mind knowing your groceries will arrive fresh, just like they would straight from the store shelves.

Freshness guaranteed or they'll make it right

Pick 'n Save is committed to offering you fresh meats, seafood, produce, dairy products, bakery, floral and more every day.

When you place an online order and use Kroger Delivery, each item is carefully picked and packed to meet your high-quality standards.

The secret to maintaining this freshness lies in Kroger's innovative refrigerated blue delivery trucks.

These vehicles are designed to keep groceries at the perfect temperature throughout the journey to your door.

Convenience for all, especially seniors

For many seniors, getting to the grocery store can be a challenge.

Limited mobility, lack of transportation or simply navigating the aisles can make grocery shopping a daunting task.

Kroger Delivery makes it easy. With just a few clicks on www.picknsave.com or through the Pick 'n Save mobile app, you can fill your cart, place your order, and

schedule a delivery at a time that suits you or you elderly loved one.

The groceries will be delivered right to their doorstep, eliminating the need for heavy lifting or transportation worries.

Easy and flexible ordering

Kroger Delivery is all about making your life easier. You can schedule delivery for the next day or up to five days in advance. T

his flexibility allows you to plan meals and shopping around your schedule, ensuring you always have fresh ingredients on hand.

Plus, with free delivery on orders of \$35 or more for Boost members, it's a cost-effective way to keep your kitchen stocked.

Unbeatable savings and deals

Kroger Delivery isn't just about convenience and freshness; it's also about saving you money.

Enjoy the same prices and deals you'd find in-store, with no hidden fees.

Additionally, new customers can save \$15 on their first delivery order of \$75 or more.

With ongoing promotions like free delivery every Tuesday, Wednesday or Thursday on orders of \$100 or more, now through July 18, saving money while shopping is easy and straightforward.

More about membership

benefits with Boost

Looking to maximize savings and convenience even more?

Check out Boost membership options. For as low as \$59 per year, you can enjoy next-day delivery, or opt for

Plus, there's a free 30-day trial to help you decide if Boost is the right fit for you.

Getting started with Kroger Delivery is simple

Visit www.picknsave.com or download the Pick 'n



“By combining state-of-the-art refrigerated trucks with seamless online ordering, Kroger Delivery is summer's hottest hack for spending less time running errands and enjoying more fun.”

same-day delivery for \$99 per year.

These memberships come with added perks like 2X Fuel Points and exclusive offers, potentially saving you up to \$1,000 a year on gas, groceries and delivery fees.

Save mobile app. Fill your cart with all your fresh favorites, from produce and dairy to pantry staples and household essentials. Choose your preferred delivery time and let the Kroger Delivery teams han-

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Feed
Your
Future

WE'RE
HIRING

Pick 'n Save®

Come for a job, stay for a career.
Apply today and join our team.



excellent benefits | flexible work schedules
discount on private label items | tuition reimbursement



Scan the QR code or visit:
picknsave.com/careers

Fund Summer Fun and Jumpstart Your Career

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nity to grow personally, professionally and financially.

Here are some store associate positions perfect for students to start building your career, do fun and meaningful work, and develop skills that are essential in any profes-

sion.

- **Cashier:** As a cashier, you'll share friendly encounters with customers, helping them move through checkout lanes quickly and accurately.

This position helps develop

your customer service skills, attention to detail and ability to handle transactions, all of which are important in many professional roles.

- **Courtesy Clerk/Bagger:** Courtesy clerks greet customers while helping bag their orders and ensure the store and parking lot remain clean.

This role teaches you the importance of teamwork, maintaining a clean work environment and provides you with the opportunity to interact with customers to grow your communication skills.

- **Deli & Bakery Clerk:** Working as a deli or bakery clerk involves preparing delicious baked goods or sliced-to-order deli meats and cheeses.

You'll help shoppers find fresh, ready-to-eat meal solutions, which strengthens your ability to manage inventory, follow food safety standards and deliver excellent customer service.

- **Grocery Clerk:** As a grocery clerk, you'll help customers find aisles full of their favorites throughout the day.

Filling shelves with inventory and helping customers locate items builds your organizational skills, attention to detail and customer interaction experiences.

Tips to prepare for any interview

Think about your past experiences with work, in school, on a sports team or

volunteering.

This will help you be ready to share stories that demonstrate your skills and how you've interacted with others. Questions you might get asked during an interview are:

- Have you ever gone above and beyond expectations to make someone's day?

- Can you describe a situation where you were able to complete a task well while also paying attention to the needs of others around you?

- Think of a time when someone told you that you were friendly. What did you do, and how did it impact them?

Whether you are applying for a store associate position at Pick 'n Save and Metro Market or another job, these tips can help you prepare for any interview.

Internships are also available

Beyond retail store associate positions, Kroger, Pick 'n Save and Metro Market offer internships designed to jumpstart your career.

These internships provide recent high school graduates and those new to the workforce with a chance to bring fresh perspectives and new ideas to the business.

Interns engage with the company, challenging teams to think differently and drive the business forward. An internship can also give you a competitive edge in the job

market.

Working at Pick 'n Save or Metro Market means more than just earning a paycheck.

It's the perfect starting point for building your resume and professional journey no matter which career path you pursue.

See the full list of open positions at Pick 'n Save and Metro Market and apply today at <https://www.krogerfamilycareers.com>.

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Fresh Food Delivered to Your Doorstep

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tle the rest.

Your order will be picked, packed and delivered at the time you choose for a hassle-free experience from start to finish.

Summer should be fun!

So why not tap into extra convenience and time savings?

Kroger Delivery offers the perfect blend of both, with the added benefit of guaranteed freshness.

Let Kroger Delivery serving Pick 'n Save cater to your needs and your elderly loved ones with easy access to fresh groceries without leaving the comfort of your home.

Place your next grocery order online at www.pickn-save.com or through the Pick 'n Save app and make the most of your summer.



DELIVERY
Kroger®

PROUDLY SERVING

Pick 'n Save®

**Celebrate Summer
with Savings & Fresh Food**

And save time with convenient
Kroger Delivery serving Pick 'n Save.

- 100% satisfaction with your online order, or we'll make it right. Guaranteed.
- Same great prices and quality online as in-store.*
- Refrigerated trucks keep you groceries fresh.
- SNAP EBT now accepted for pickup and delivery.*



Scan the QR code or visit picknsave.com/delivery to start shopping and clip a coupon for \$15 off your first delivery order of \$75 or more.*

*Restrictions apply. See site for full details.

PICK 'N SAVE IN-STORE PHARMACIES

Helping You Stay Healthy This Summer!



Pharmacist Gonza at our Good Hope Pick n' Save location. (Photo courtesy of Kroger)

As summer fun picks up, it's the perfect time to prioritize your health. The friendly and knowledgeable staff at Pick 'n Save in-store pharmacies can help you easily access health services to stay well, including vaccinations and medications.

Plus, if you join the Kroger Health Savings Club, you can unlock extra savings on prescriptions, ensuring you and your family's health is well taken care of without breaking the bank.

Providing care at your convenience

Life gets busy during the summer months. That's why Pick 'n Save in-store pharmacies offer care that is convenient.

Whether you need assistance in the evening or over the weekend, the dedicated staff goes the extra mile and works a variety of hours to make your pharmacy experience seamless.

Need a prescription renewal or refill? No problem. The pharmacy team can contact your doctor directly, and you'll receive a notification via text, call or email when your medications are ready for pickup.

For those with chronic illnesses requiring complex care, Pick 'n Save specialty pharmacy services are designed to provide the support you need.

Affordable medications and insurance solutions

A big concern for many individuals, families and seniors is the cost of medications. Pick 'n Save in-store pharmacies accept most insurance plans and prescription discount cards, including Quick Save, Visory Health, SingleCare and Optum Perks.

The knowledgeable staff is also available to help you determine which discount card can offer the most savings, ensuring you never pay more than necessary for your prescriptions.

Saving money on prescriptions is also easy with the Kroger Health Savings Club. Sign up for membership to unlock hundreds of free, \$3 and \$6 medications for your entire family, including pets.

Members also enjoy discounts of up to 85% on thousands of medications, often beating traditional insurance co-pays.

If you or your family members take two or more prescriptions per month, the savings can quickly add up.

With individual and family plans available, you can choose the option that best suits your needs.

Manage your prescriptions with ease

In today's digital age, managing your health should be simple and efficient. With Pick 'n Save, you can easily manage your prescriptions online.

From requesting refills and setting up auto refills to checking order statuses and receiving notifications, the online services put control at your fingertips.

To make managing your health even more convenient, download the Pick 'n Save mobile app to create a My Prescriptions account.

Anytime and anywhere, you can manage prescriptions for yourself and the whole family, schedule appointments, and access various pharmacy and health services all in one place.

Get vaccinations, health screenings and personalized care

Staying up to date with vaccinations is important for maintaining good health, especially during the summer months when you're enjoying more social activities and travel. Pick 'n Save in-store phar-



"Pick 'n Save in-store pharmacies offer a variety of vaccines, including those for flu, COVID-19, RSV and more. Many of these vaccines are available at \$0 co-pay with various insurance plans."

macies offer a variety of vaccines, including those for flu, COVID-19, RSV and more. Many of these vaccines are available at \$0 co-pay with various insurance plans.

Scheduling an appointment online is easy and walk-ins are welcome, making it convenient to get vaccinated on your schedule.

Adding to its wellness services, Pick 'n Save has specially trained pharmacists who can provide health screenings tailored to your needs.

This gives you the personalized care you deserve. These screenings can help detect potential health issues early, allowing for timely intervention and better health outcomes.

Fuel Points for your prescriptions

As a bonus, you can earn Fuel Points with most prescriptions at Pick 'n Save in-store pharmacies with your Fresh Perks Card.

Earn 25 Fuel Points for each prescription and 75 Fuel Points on 90-day refills, so you can save on fuel while taking care of your health.

Need help transferring your prescriptions to Pick 'n Save? Go to your nearest store with a pharmacy on-site and the pharmacy team can get you started.

This summer, make your health a priority. Visit www.picknsave.com/health/pharmacy to learn more or stop at your local Pick 'n Save pharmacy and experience a world of care in-store.

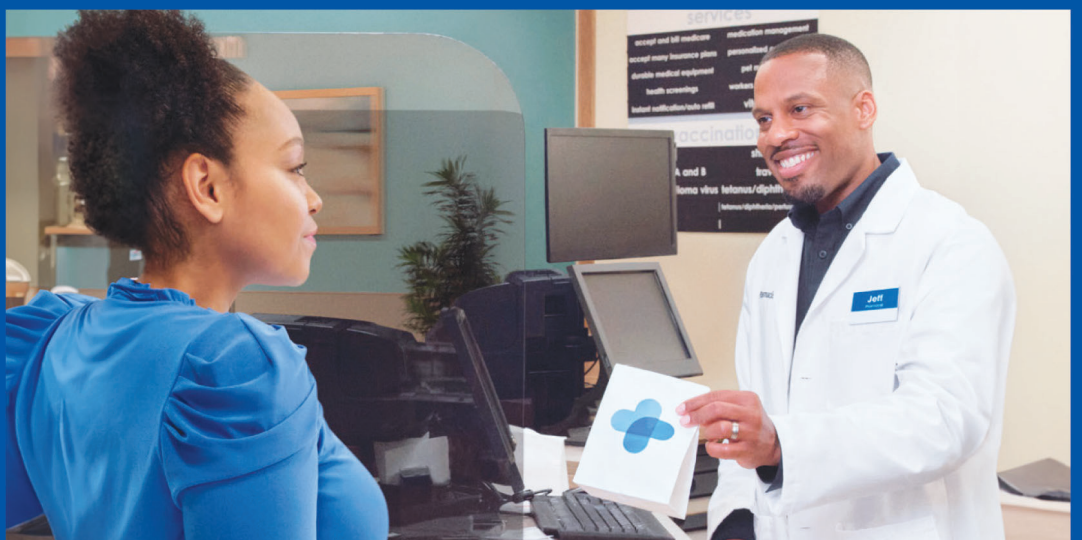


Savings Club

Pick 'n Save[®]
by RxSense

Unlock 100s of FREE and \$3 drugs for your family and pets.

Plus, 1,000s more drugs at discounts of up to 85%.



Signing up takes minutes and you can start saving immediately with a digital membership card.

Scan the QR code or visit krogerhealthsavings.com to join.



Kroger Health Savings Club is not insurance. Restrictions apply. For full Terms & Conditions, visit krogerhealthsavings.com.