

JANUARY 16, 2017



## Future shop: Digital presence in and out of the grocery aisle

Overwhelmed by online competition and the complexity of retail's omnichannel future? You're not alone. But independents have something big chains and Amazon lack: a compelling story. [Here's](#) how to use your strengths to connect with customers in an interactive way.

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## Study: Even fatty Med diet helps

According to a recent review of research, even Mediterranean diets that allowed unlimited healthy fats could still be beneficial to health. [Learn more.](#)

## Simple tactics for a labor-efficient foodservice program

In a recent survey of foodservice operators, more than half cited finding talent as their main obstacle. So how can stores increase employee retention while keeping labor costs low? [Try](#) these tips.

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## Webinar: Sleep supplements—what your store needs to know

More than a third of American adults are falling short on Zs. As a result, more shoppers are waking up to the benefits of natural sleep supplements. We'll take a science-backed look at one of your supplement department's most important categories and its key

player, melatonin.

Quote of the day

"In 2017, I think we will see at least 10 percent market growth, and more likely 12 to 13 percent, in the market for organic food in the U.S. The gains will be driven by growing incomes and increased consumer confidence triggering increased household penetration across all demographics and income groups."

—John Foraker, president, Annie's. [Read John Foraker predicts what 2017 will bring for the natural products marketplace...](#)

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