



Peyton Manning Children's Hospital at St. Vincent

APPROVED

FAMILY NUTRITION NEWSLETTER



The featured produce of the month are **MUSHROOMS** and **RHUBARB!**

At St. Vincent we believe in treating the whole person - mind, body and spirit. Therefore, you will find that these newsletters do the same thing...you'll be offered information addressing all three aspects of a person. We hope you enjoy the newsletters and that you find them useful for keeping your family healthy and happy. Thank you for reading!

PRODUCE SELECTION

MUSHROOMS -

- Choose mushrooms that smell "earthy" and fresh.
- Avoid mushrooms that are slimy or have bruising.
- To store mushrooms, wipe them with a damp cloth to remove any dirt and store them, unwashed, in a paper bag or waxed paper in the refrigerator for up to three days.
- Morel mushrooms, which are a delicacy through the United States, are very delicate and should be handled with care.

SPECIAL NOTE: Unless you are an experienced mushroom hunter you should purchase morels only at a grocery store or produce stand rather than hunt them on your own.

RHUBARB -

- Fresh rhubarb is very perishable. Place the stalks in a plastic bag to retain moisture and store for 3 to 5 days in the refrigerator crisper drawer.
- When buying rhubarb, look for stalks that are dark pink to red in color.
- The stalks should feel dry, firm and crisp.
- The leaves of the plant should not be wilted. Avoid any that are wilted, pithy, stringy or rough-textures.

EVENTS

3RD ANNUAL 5K FAMILY FUN RUN

Date: Saturday, April 12
Time: 7am Registration, 8:30am Race Start

Location: Butler University, 4600 Sunset Ave., Indianapolis, IN 46208

Details: This run/walk is guaranteed fun for all ages. Proceeds benefit patients and families of Peyton Manning Children's Hospital at St. Vincent. Event includes live DJ, games, mascots, balloon artist, face painting, and more. For more information, email familyfunrun@yahoo.com

HEAR INDIANA TALK WALK RUN

Date: Saturday, April 26
Time: 8am-12pm

Location: Ft. Harrison State Park, 5753 Glenn Rd, Indianapolis, IN 46216

Details: The Talk Walk Run raises money to help deaf and hard of hearing children in Indiana. Event includes a 5K or 10K run/walk, a Kids Run, a Kids Carnival and a free post-race party for the whole family including food, carnival games, face painting, balloon art, live music, and a magician.

For more information, visit www.TalkWalkRun.com, call 317-828-0211, or email talkwalkrun@hearindiana.org.

HEALTHY BODY FOCUS: NATIONAL DISTRACTED DRIVING MONTH

The National Safety Council has designated April as National Distracted Driving Month. Thousands die needlessly each year because people continue to use their cell phones while driving, handheld or hands-free. Join the National Safety Council this April in urging those you care about to:

- Stop using cell phones while driving
- Recognize that hands-free devices offer no safety benefit
- Understand the dangers of the cognitive distraction to the brain
- Tell others about the dangers of cell phone distracted driving

Here are a few common myths about hands-free driving

MYTH: My car came with an entertainment system. Because it's built into my car, it must be safe.

FACT: Not all technology is created equal. Anything that distracts a driver from performing the task of driving can be dangerous and doesn't belong in an entertainment system.

MYTH: I have an infotainment system in my dashboard, so it's safe for me to speak my texts and drive.

FACT: Even if drivers don't need to use their hands to type and email, voice-to-text features require drivers to look at the translated messages to be sure they're correct. Slower reaction times occur, no matter whether drivers are typing a text or using voice-to-text technology.

MYTH: Most car crashes are caused by car malfunctions such as faulty brakes, blown tires or engine problems.

FACT: Vehicle problems represent a very small portion of car crashes. As much as 90 percent of all crashes are caused by driver error and can be prevented!

For additional information visit www.nsc.org



RHUBARB

Nutrition Facts

Serving Size 1 cup, diced 122g (122 g)

| Amount Per Serving | | % Daily Value* | |
|--------------------|---------------------|------------------------------|-----|
| Calories 26 | Calories from Fat 2 | | |
| | | Total Fat 0g | |
| | | 0% | |
| | | Saturated Fat 0g | |
| | | 0% | |
| | | Trans Fat | |
| | | Cholesterol 0mg | |
| | | 0% | |
| | | Sodium 5mg | |
| | | 0% | |
| | | Total Carbohydrate 6g | |
| | | 2% | |
| | | Dietary Fiber 2g | |
| | | 9% | |
| | | Sugars 1g | |
| | | Protein 1g | |
| Vitamin A | 2% | Vitamin C | 16% |
| Calcium | 10% | Iron | 1% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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HELPING YOUR CHILD EAT HEALTHY:

A few tips about rhubarb - It should be cooked only in nonaluminum pots because it will react with the metal. Also rhubarb leaves are poisonous, raw or cooked, as they contain oxalic acid. Make sure you DO NOT use the leaves in any recipes.

- Make rhubarb muffins by making your favorite muffin mix. Fill the muffin tins half way and add a spoonful of cooked, cooled rhubarb on top.
- Use rhubarb in place of cherries, apples or peaches in your favorite pie.
- Grill Portobello mushrooms topped with some barbecue sauce or cheese for a meatless "burger" option.
- Add mushrooms to your favorite egg recipe - in a casserole, omelet or quiche.
- Most children love pizza...add mushrooms as one of the toppings!



| MUSHROOMS | |
|--------------------------------------|---------------------|
| Nutrition Facts | |
| Serving Size 1 cup sliced 72g (72 g) | |
| Amount Per Serving | |
| Calories 19 | Calories from Fat 1 |
| % Daily Value* | |
| Total Fat 0g | |
| 0% | |
| Saturated Fat 0g | |
| 0% | |
| Trans Fat | |
| Cholesterol 0mg | |
| 0% | |
| Sodium 4mg | |
| 0% | |
| Total Carbohydrate 3g | |
| 1% | |
| Dietary Fiber 0g | |
| 2% | |
| Sugars 1g | |
| Protein 2g | |
| Vitamin A | 0% • Vitamin C |
| Calcium | 1% • Iron |
| 2% | |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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RECIPE CORNER

Delicious Sautéed Morels

One of the best and easiest ways to cook morels is to sauté them in butter and sprinkle them with salt. Small morels can be cooked whole but larger morels should be halved or quartered. To cook them, place only as many morels as will fit in your pan in a single layer. Heat a frying pan or saute pan over medium heat. Add about 2 tablespoons of butter and once it is melted, add the morels. Cook until morels release their liquid, about 5 minutes. Continue cooking, adjusting the heat to maintain a light simmer, until the morels are cooked through and the liquid has evaporated, about 10 minutes. Transfer the morels to a plate or serving platter and sprinkle them with more salt if you like. Serve hot or warm.

(Like many wild mushrooms, morels do contain some amount of toxins. But don't panic because the toxins in morels aren't deadly, but if eaten raw or undercooked, morels can cause an upset stomach. Properly cooking them for 15-20 minutes will get rid of these toxins.)