



FAMILY NUTRITION NEWSLETTER

OCTOBER
2016
EDITION

PRODUCE ITEMS OF THE MONTH ARE CRANBERRIES & SPINACH

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:

Cranberries:

- Choose fresh, plump cranberries, deep red in color, and quite firm to the touch.
- The best berries will have a deep red color.
- Fresh ripe cranberries can be stored in the refrigerator for up to 20 days. Before storing, discard any soft, discolored, pitted or shriveled fruits.
- Once frozen, cranberries may be kept for several years. To freeze, spread fresh cranberries out on a cookie sheet and place in the freezer. In a couple of hours, the fully frozen berries will be ready to transfer to a freezer bag.

Spinach:

- Your spinach should have green, crisp leaves. If possible, buy organic spinach because many regular spinach brands have high levels of pesticide residue.
- Toss any leaves with blemishes or signs of rot, or yellowed or browned leaves.
- When storing spinach, make sure it is totally dry before storing it. Excess moisture will cause the spinach to rot. It's best if you don't wash the spinach until you use it.

HEALTHY BODY FOCUS: Red Ribbon Week, October 23-31, 2016 The 2016 Red Ribbon Theme: YOLO. Be Drug Free.™

The National Family Partnership organized the first Nationwide Red Ribbon Campaign. Since its beginning in 1985, the Red Ribbon Campaign has touched the lives of millions of people around the world. In response to the murder of DEA Agent Enrique Camarena, angered parents and youth in communities across the country began wearing Red Ribbons as a symbol of their commitment to raise awareness of the killing and destruction cause by drugs in America.

In 1988, NFP sponsored the first National Red Ribbon Celebration. Today, the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities. The Red Ribbon Campaign® is the oldest and largest drug prevention program in the nation, reaching millions of young people during Red Ribbon Week®, October 23 - October 31 each year.

HELPING YOUR CHILD EAT HEALTHY

Cranberries are probably not very popular with kids but that may be because they haven't really been exposed to them much. Here are ways to allow your child to try this yummy fruit:

- Dried cranberries can be added to oatmeal or to homemade trail mix.
- For those families with a sweet tooth, add cranberries to oatmeal cookies - or even to pancakes for a special breakfast treat.
- Believe it or not, cranberries and spinach go together very well. Add some to your next spinach salad.
- Blend berries into your favorite smoothie recipe.

Spinach always seems to get a bad rap with children. However, there are some really creative ways to work this healthy vegetable into meals that your family will love.

- Try adding chopped spinach into soups, chilis, stir fries, or spaghetti sauces a few minutes before serving.
- Add fresh, baby spinach to salads.
- Add spinach into your favorite breakfast egg dish with the other healthy veggies.
- Instead of using meat in your next lasagna preparation, substitute chopped spinach instead.

RECIPE CORNER

POPEYE'S SIMPLE SPINACH DIP (recipe from Recipe4Living)

- 2 pkg. Knorr Vegetable Recipe Mix
- 2 pkgs. frozen chopped spinach, thawed and squeezed dry
- 16 oz. low fat sour cream
- 3/4 - 1 C. low fat mayonnaise
- 1/4 C. shredded carrots
- 1 tsp. onion powder
- 1 sm. can sliced water chestnuts, largely diced
- 1 French bread, sliced, and/or crackers

Directions

Combine all ingredients. Cover and refrigerate for at least 30 minutes before serving. Bring to room temperature and serve with bread and crackers.

Yogurt Covered Cranberries (recipe from the Kitchn)

- 1 tablespoon water
- 1 teaspoon vanilla extract
- 1/2 teaspoon gelatin
- 1/4 cup Greek yogurt
- 1 tablespoon honey
- Pinch salt
- 2 cups powdered sugar, plus extra for dusting
- cranberries
- 8 ounces (about 3 cups) dried cranberries

Directions

Combine the water and vanilla in a small dish or ramekin. Sprinkle the gelatin over top and whisk with a fork until the gelatin is evenly distributed in the liquid. Set aside for about 5 minutes or until needed. It will set into a thick paste.

In another small dish or ramekin, whisk together the yogurt, honey, and salt. Microwave on HIGH in 5 second bursts, stirring in between each burst, until the yogurt is liquidy and very warm to the touch. Don't let it start to boil or the yogurt will curdle.

Whisk the gelatin into the warm yogurt mixture. Whisk until the gelatin is completely dissolved. Scrape the yogurt mixture into a small mixing bowl. Pour the powdered sugar on top. Whisk gently until the yogurt and powdered sugar combine into a thick, but pourable, frosting.

In a separate bowl, toss the cranberries with a tablespoon of powdered sugar until they are completely dusted. Pour about half of the yogurt coating over the cranberries. Stir until the cranberries are completely coated and you can see no more dry powdered sugar.

Line a baking sheet with wax paper or silpat. Drop the coated cranberries in clumps onto the baking sheet, separating them as much as you like with your fingers. They will be very sticky. Let the cranberries sit, uncovered, until dry to the touch, about 30-45 minutes.

Transfer the cranberries back into a mixing bowl and toss with the remaining yogurt coating to give them a second, thicker coat. Drop them back onto the lined baking sheet. When the tops are dry to the touch, move the cranberries around to make sure the undersides also have a chance to dry. (If you have a cooling rack with a small enough grating, you can scatter the cranberries on top for quicker and more even drying.) In total, the cranberries will take at least 6 hours or overnight to dry.

Store yogurt-covered cranberries in an airtight container at room temperature. They will keep for several weeks.



Cranberries

Nutrition Facts	
Serving Size 1 cup, whole 100g (100 g)	
Amount Per Serving	
Calories 46	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 5g	18%
Sugars 4g	
Protein 0g	
Vitamin A	1% • Vitamin C 22%
Calcium	1% • 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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Spinach

Nutrition Facts	
Serving Size 1 cup (30 g)	
Amount Per Serving	
Calories 7	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	3%
Sugars 0g	
Protein 1g	
Vitamin A	56% • Vitamin C 14%
Calcium	3% • Iron 5%

*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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