

## PRODUCE ITEMS OF THE MONTH ARE CABBAGE & PINEAPPLE

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:

#### Cabbage:

- When choosing green or red cabbage, select a tight, compact head that feels heavy for its size.
- It should look crisp and fresh, with only a few loose leaves.
- Store whole heads of cabbage in the crisper drawer of your refrigerator. If uncut, compact heads keep for a couple of weeks. Leafy varieties should be used within a few days.

#### Pineapple:

- Select a pineapple that is plump and fresh looking. Fresh, green leaves in the crown are a good sign.
- The body should be firm - not soft.
- The larger the pineapple, the greater proportion of edible fruit but that doesn't mean necessarily that it is better tasting or any riper than smaller fruit. Shell color is not necessarily a sign of maturity or ripeness.



Pineapple	
<b>Nutrition Facts</b>	
Serving Size 1 fruit 1,002g (1002 g)	
<b>Amount Per Serving</b>	
Calories 451	Calories from Fat 11
% Daily Value*	
Total Fat 1g	2%
Saturated Fat	0%
Trans Fat	
Cholesterol	0%
Sodium 10mg	0%
Total Carbohydrate 118g	39%
Dietary Fiber	0%
Sugars 83g	
<b>Protein 6g</b>	
Vitamin A	10% • Vitamin C 282%
Calcium	13% • Iron 14%
*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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### HEALTHY BODY FOCUS: Poison Prevention Week

On September 26, 1961, the 87th United States Congress passed a joint resolution (Public Law 87-319) requesting that the President of the United States proclaim the third week of March National Poison Prevention Week. On February 7, 1962, President John F. Kennedy responded to this request and proclaimed the third week of March as National Poison Prevention Week. The first National Poison Prevention Week was therefore observed in March 1962. For 2018, the week of March 18-24 has been designated as Poison Prevention Week.

The majority of poisonings are related to children under the age of 5. Why is this? Because children of this age are growing and developing, exploring and investigating the world around them. Unfortunately, what they see and reach usually goes into their mouths! As children's mobility, ingenuity and capabilities increase, they can reach medicines and household chemicals. These products should be locked up where possible, out of the child's reach - even when safety packaging is used.

If you think someone has been poisoned from a medicine or household chemical, call 1-800-222-1222 for your Poison Control Center. This national toll-free number works from anyplace in the United States - 24-hours-a-day, 7-days-a-week. Keep the number on your phone. It will connect you to a poison control center.

There are currently 61 Poison Centers across the country that maintain information for the doctor or the public on recommended treatment for the ingestion of household products and medicines. They are familiar with the toxicity (how poisonous it is) of most substances found in the home or know how to find this information.

### HELPING YOUR CHILD EAT HEALTHY

Cabbage may not be your child's favorite vegetable but here are some suggestions that might make it more appealing:

- Simply saute cabbage in butter and oil until your desired tenderness. Season with salt and pepper.
- Shred cabbage into dishes such as vegetable soup or lasagna along with spinach or other greens
- Pick up a bag of premade cole slaw and add your favorite dressing

Pineapple is usually a kid favorite. Here are some creative ideas to use this versatile fruit:

- Simply eat fresh from the original fruit
- Add pineapple chunks to your ham dish - fresh, frozen or canned will do
- Make frozen pineapple pops...simply cut pineapple into rings, stick a kebab stick through it and freeze!

Cabbage	
<b>Nutrition Facts</b>	
Serving Size 1 head 908g (908 g)	
<b>Amount Per Serving</b>	
Calories 218	Calories from Fat 14
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 163mg	7%
Total Carbohydrate 49g	16%
Dietary Fiber 21g	84%
Sugars	
<b>Protein 11g</b>	
Vitamin A	23% • Vitamin C 772%
Calcium	43% • Iron 28%
*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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### PARMESAN ROASTED CABBAGE WEDGES:

#### Ingredients

- 1 medium cabbage
- 4 tablespoon oil, avocado
- 2 teaspoon sea salt
- 1 teaspoon black pepper, ground
- 1/2 cup Parmesan cheese, grated

### RECIPE CORNER

#### Directions

Preheat the oven to 425 degrees. Cut the cabbage in half and then quarters, slice out the core to discard (or put into the compost), and then cut the cabbage quarters into 1 to 1 1/2 inch wedges.

Place the wedges onto a Silpat or parchment paper lined baking sheet and brush with avocado oil. Sprinkle sea salt and pepper and put about a tablespoon or so of freshly grated parmesan cheese on each wedge and then roast in a 425 degree oven for 25 minutes.