

Harvest of the Month



Growing Healthy Students

The Harvest of the Month featured produce is **cabbages**



Savoy Cabbage



Red (Purple) Cabbage

Helping Your Child Eat Healthy

- Serve green fruits and vegetables to maintain vision health.
- Make “confetti” coleslaw by using a mix of green, red and Chinese cabbages.
- Boil or steam cabbages to use in stews, soups and casseroles. (See recipe.)
- Provide raw, crunchy fruits and vegetables as snacks for your child.
- Look for a farmers’ market in your area to find low-cost fruits and vegetables.

For more ideas, visit:

www.eatwellbewell.org

Produce Tips

- Choose firm heads that feel heavy and are tightly-packed.
- Store whole or chopped cabbage in sealed plastic bag in refrigerator. Use within one week.
- Before use, rinse thoroughly and remove tough outer leaves. Cut in half and trim core.

Health and Learning Success Go Hand-in-Hand

Do more. Watch less. Studies show students who limit screen time (TV and computer) score higher on academic tests. Help your child do better in school by making a commitment to limit your family’s screen time and being more active. **Harvest of the Month** can help your family learn new ways to eat more fruits and vegetables and be physically active every day.

STOVE TOP CASSEROLE

Ingredients:

(Makes 5 servings at 1 cup each)

- 1 small onion, chopped
- 4 medium potatoes, peeled, sliced
- 1½ cups chicken stock (or broth), reduced sodium
- 2 cups green cabbage, shredded
- 1 cup reduced fat cheese, shredded
- 1 tablespoon vegetable oil
- ¼ cup nuts, chopped (optional)

1. Heat oil in large skillet. Add onions and stir over medium heat until golden.
2. Add potatoes and chicken stock. Cover and reduce heat to low. Simmer until potatoes are slightly tender.
3. Add cabbage. Cover and simmer for five minutes more.
4. Sprinkle with cheese and nuts.
5. Let stand until cheese melts and serve warm.

Adapted from: Food Stamp Nutrition Connection, <http://foodstamp.nal.usda.gov/recipes.php>

How Much Do I Need?

A serving of cabbage is one cup raw shredded leaves (about two cupped handfuls). When cooked, this is about one-half cup.

Eating a variety of colorful fruits and vegetables each day will help you and your child reach your total daily needs.

Nutrition Facts

Serving Size: 1 cup raw savoy cabbage, shredded (70g)

Amount per Serving	
Calories 19	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 1g	
Vitamin A 14%	Calcium 2%
Vitamin C 36%	Iron 2%

Source: www.nutritiondata.com

Let’s Get Physical!

- Limit screen time and increase activity time.
- Create activity calendars for you and your family. Plan them together. (You can create calendars online at www.bam.gov.)
- Include indoor and outdoor activities on your calendar (e.g., dancing, doing sit-ups, walking/jogging, jumping rope and playing team sports like basketball and soccer).
- When watching TV, look for educational programs that may help your child in school.*

*The American Academy of Pediatrics recommends no more than two hours of quality programming a day.

For more physical activity ideas, visit:

www.verbnow.com

www.kidnetic.com

Recommended Daily Amounts of Fruits and Vegetables*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.