



PRODUCE SELECTION

- Look for bright, dark green, fresh-looking leaves without withering or slime.
- Beets should be relatively smooth, round, firm and small- to medium-sized.
- To store beets, cut the leaves from the root, leaving an inch or two of the stems attached, place in a plastic bag, and keep in the refrigerator 1-3 weeks.
- When selecting a pear, look for ones that are firm, free of blemishes or bruises, with intact stems.
- To determine if your pear is ready to eat, apply gentle pressure to the stem end of the pear with your thumb and if it yields slightly, it is ready.

EVENTS

The 2013 Fishers Safety Day will be held on Saturday, October 5, from 11 am - 3 pm at St.Vincent Fishers Hospital, 13861 Olivo Road, Fishers, IN. Safety Day Highlights will include Fishers Fire and Emergency Services Live Demonstrations; St.Vincent Fishers Hospital Health Information; Emergency Response Vehicles; MCAXE and The Firecrew; Indiana Pacers Fan Van; Indiana Ice Play Hockey; Car Seat Inspections; StatFlight Helicopter and K-IDS BMV. Please join us for this FREE event.

For the seventh consecutive year, Saks Fifth Avenue has teamed with the St.Vincent Foundation to host the 2013 Key to the Cure fundraising event. The Key to the Cure fundraising gala will be held Friday, Oct. 11, at 6:30 p.m. in the Saks Fifth Avenue store at the Fashion Mall, and will benefit programs and technology at St.Vincent Cancer Care. Attendees of this black-tie event will enjoy dinner and dancing, entertainment, a unique fashion show, and a live auction. As space is limited, you are encouraged to make your reservation today by visiting give.stvincent.org/13kttc. Questions? Contact Ann Hall at the St.Vincent Foundation: (317) 338-5090 or aeahall@stvincent.org.

FAMILY NUTRITION NEWSLETTER



The featured produce of the month are BEETS and PEARS!

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!

HEALTHY BODY FOCUS: HALLOWEEN SAFETY TIPS

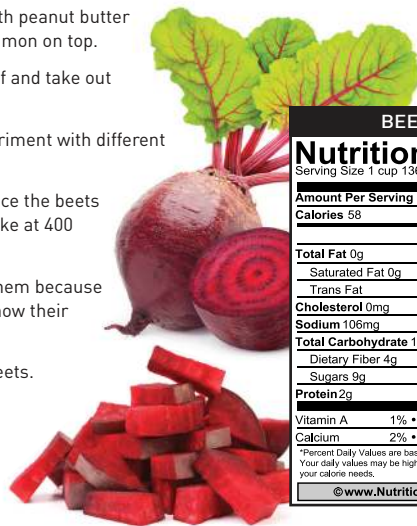
With the many Halloween festivities and parties going on during October, we would like to provide you with a few tips to help in keeping your ghouls and goblins safe from harm.

- Carry a flashlight with you at night when you trick-or-treat.
- Stay on the sidewalk if one is available. If there is no sidewalk, walk facing traffic.
- Stay in neighborhoods that are familiar to you.
- Make sure costumes do not drag on the ground (to prevent tripping).
- Use latex-free face paint vs. masks to avoid visual impairments.
- Only trick-or-treat at homes that have a front porch light on.
- Keep your pets indoors and instruct children to stay away from all pets, even if they are familiar with the animal(s). Explain that pets will not recognize them in their costumes.



HELPING YOUR CHILD EAT HEALTHY

- Cut a pear in half and remove the core. Fill the center with peanut butter or low-fat yogurt. You can also sprinkle granola or cinnamon on top.
- For breakfast or a side dish with dinner, cut a pear in half and take out the core. Fill with cottage cheese.
- Add slices of pear to your grilled cheese sandwich! Experiment with different kinds of cheeses to find your favorite.
- Try making beet fries rather than potato fries. Simply slice the beets very thin, toss them in some olive oil and sea salt and bake at 400 degrees for about 45 minutes to one hour.
- Steaming beets is better for cooking them than boiling them because you retain a lot of the nutrients. Some kids find it funny how their teeth and tongue will turn red from eating the beets.
- If your family likes smoothies, experiment with adding beets.



BEETS	
Nutrition Facts	
Serving Size 1 cup 136g (136 g)	
Amount Per Serving	
Calories 58	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 106mg	4%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	15%
Sugars 9g	
Protein 2g	
Vitamin A	1% • Vitamin C 11%
Calcium	2% • Iron 6%
*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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PEARS	
Nutrition Facts	
Serving Size 1 small 148g (148 g)	
Amount Per Serving	
Calories 96	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	18%
Sugars 15g	
Protein 1g	
Vitamin A	1% • Vitamin C 10%
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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RECIPE CORNER

Pear Quesadillas - This recipe serves 4 as a snack or 2 for lunch.

INGREDIENTS:

- 2 oz. extra-sharp cheddar cheese, shredded (or your favorite cheese)
- 2 - 7 in. whole wheat tortillas
- ½ pear, cored and sliced into thin wedges
- ½ tablespoon unsalted butter or non-stick spray

- Sprinkle ¾ of cheese over one tortilla. Arrange pear slices over the cheese and sprinkle the remainder of the cheese over the pears.
- Top with a second tortilla.
- Melt butter or use non-stick spray in a skillet and add the quesadilla, cooking over medium heat until the cheese begins to melt. Flip and cook on the other side.
- Let stand for a moment then cut into wedges and ENJOY!