



# FAMILY NUTRITION NEWSLETTER

SEPTEMBER  
2016  
EDITION

## Produce Items of the Month are APPLES and BROCCOLI

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: National Suicide Prevention Week, September 5-11, 2016

Myth: Suicidal teens overreact to life events.

Fact: Problems that may not seem like a big deal to one person may be causing a great deal of stress to a suicidal teen. Perceived crises are just as concerning and predictive of suicidal behavior as actual crises.

Myth: Suicides happen without warning.

Fact: Most teens who attempt or die by suicide have communicated their stress or plans to at least one other person. These communications are not always direct, so it's important to know some of the key warning signs of suicide.

A Young Person is at Critical Risk of Suicide if He or She:

- Threatens to hurt or kill him or herself; or talks of wanting to hurt or kill him or herself; and/or
- Looks for ways to kill him or herself by seeking access to firearms, pills or other means; and/or
- Talks or writes about death, dying or suicide, when these actions are out of the ordinary. If your friend somehow indicates or communicates suicidal thoughts, get help immediately from a mental health professional or a professional in a hospital emergency department, or call 9-1-1.

The American Association of Suicidology (AAS) is a non-profit organization made up of mental health and public health professionals, researchers, suicide prevention and crisis intervention centers, school districts, crisis center volunteers, survivors of suicide loss, attempt survivors, and a variety of lay persons who have an interest in suicide prevention. For more information, visit their web site at <http://www.suicidology.org>.

### PRODUCE SELECTION:

#### Apples:

- Check the apple's firmness - it should be firm to the touch and not mushy.
- Give your apple a good smell - a fresh, good quality apple should have a pleasant smell.
- Storing apples - if you're planning to eat your apple raw, refrigerate it for up to three days. If you plan to use the apples for baking, you can leave them out of the fridge, but use them within a couple days after purchase.

#### Navel orange:

- When choosing broccoli, make sure the heads feel heavy and have tight, green florets and firm stalks.
- Avoid broccoli with yellowing florets or browning, dried-out ends of the stalks.
- Storing broccoli - place it unwashed in an open plastic bag in the fridge, where it should last a week to 10 days.

### HELPING YOUR CHILD EAT HEALTHY

Apples...the perfect fall fruit. There are so many ways to enjoy this delicious fruit! Here are some suggestions.

1. Simply wash and eat the natural way.
2. For a quick, energizing snack, spread peanut butter on apple slices.
3. Add diced apple to your morning oatmeal.
4. For a healthy, yummy dessert, try baked apples (recipe below).

Broccoli may not be at the top of kids' favorite vegetable lists but here are some ideas to entice them to try this versatile vegetable:

1. For an easy side dish with dinner, top steamed broccoli with a bit of cheese sauce
2. Dip raw broccoli florets into ranch dressing.
3. Next time you make macaroni & cheese, add some diced ham and broccoli florets.
4. One word...Brocco-tots (recipe below)

### RECIPE CORNER

#### BAKED APPLES (Recipe from Simply Recipes)

- 4 large good baking apples, such as Rome Beauty, Golden Delicious, or Jonagold
- 1/4 cup brown sugar
- 1 teaspoon cinnamon
- 1/4 cup chopped pecans (optional)
- 1/4 cup currants or chopped raisins
- 1 Tbsp butter
- 3/4 cup boiling water

1. Preheat your oven to 375°F. Rinse and dry the apples. Using a sharp paring knife or an apple corer, cut out the cores, leaving the bottom 1/2 inch of the apples intact.
2. Place the brown sugar, cinnamon, currants or chopped raisins, and chopped pecans (if using) in a small bowl and stir to combine. Put the apples in a baking dish and stuff each apple with the sugar stuffing mixture. Place a dot of butter on top of the sugar.
3. Pour the boiling water into the bottom of the baking dish. Bake for 30 to 45 minutes, until the apples are cooked through and tender, but not overcooked and mushy. When done, remove the apples from the oven and baste them with the juices from the pan.

#### BROCCO-TOTS (Recipe from GimmeDeliciousFood)

- 2 cups or 12 ounces uncooked or frozen broccoli
- 1 large egg
- 1/4 cup diced yellow onion
- 1/3 cup cheddar cheese
- 1/3 cup panko breadcrumbs
- 1/3 cup Italian breadcrumbs
- 2 tablespoons parsley (or cilantro, rosemary)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

1. Preheat oven to 400°F. Grease a baking sheet with a thin layer of oil or line with parchment paper and set aside.
2. Blanch the broccoli in boiling water for 1 minute then remove and shock with cold tap water to stop the cooking process. Drain well.
3. Chop broccoli finely and mix thoroughly with egg, onions, cheddar, breadcrumbs, and seasoning. Scoop about 1.5 tablespoons of mix into your hands and create a firm ball then shape into a tater-tot shape. It helps to wash your hands after every few tots to keep them from sticking onto your hands. Next, Place on your prepared baking sheet.
4. Bake until golden brown and crispy, 18-24 minutes, turning half way. Remove from the oven and enjoy hot with ketchup, sriracha, ranch dressing, or your favorite dipping sauce!



**Broccoli**

**Nutrition Facts**  
Serving Size 1 cup flowerets 71g (71g)

Amount Per Serving		
Calories 20	Calories from Fat 2	
% Daily Value*		
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 19mg		1%
Total Carbohydrate 4g		1%
Dietary Fiber		0%
Sugars		
Protein 2g		
Vitamin A	43%	Vitamin C 110%
Calcium	3%	Iron 3%

\*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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**Apple**

**Nutrition Facts**  
Serving Size 1 cup, quartered or chopped 125g (125g)

Amount Per Serving		
Calories 65	Calories from Fat 2	
% Daily Value*		
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 1mg		0%
Total Carbohydrate 17g		6%
Dietary Fiber 3g		12%
Sugars 13g		
Protein 0g		
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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