

Harvest of the Month



Network for a Healthy California
February

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.cspinet.org/healthysnacks

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**

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 more minutes.
4. Sprinkle with cheese and let stand until cheese melts.
5. 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. It will help prepare your child for spring fitness testing.
- 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

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.



Qhia Koj Tus Me Nyuam Noj Zaub

- Pub zaub rau me nyuam noj ntau yuav pab tau lawv qhov muag pom kev zoo dua.
- Muab zaub qhwv ntsuab, zaub qhwv xiav, zaub pob dawb thiab zaub ntug daj suam mo mo do xyaw roj noob hnav, kua qaub, ntsev, fwj txob thiab me ntsis kua qab zib noj.
- Muab zaub hau xyaw nqaij, kib xyaw nqaij, muab cub los sis hlab los do xyaw qhiav, ntsev thiab kuav txob noj.
- Tsuav nqaij kib ua kua las xyaw txuj lom rau me nyuam ntsw xam lav noj txom ncauj.
- Mus yuav zaub thiab txiv ntoo tom khw tshav puam los rau me nyuam noj pheej yig dua.

Kev Xaiv Zaub Qhwv thiab Tu Cia

- Xaiv lub zaub uas hnyav ncawv khov kho thiab qhwv ceev npawv xwb.
- Muab lub zaub qhwv kheej los sis cov uas twb suam tau lawm ntim rau hauv hnab yas pav ncauj tso rau hauv tsee txias (refrigerator). Txij li ib lim piam los tseem zoo noj.
- Nco ntsoov muab txheej nplooj zaub laus sab nraud tev tawm thiab muab dej yaug kom huv si ua ntej muab ua noj. Muab phua ob sab thiab hlais tus kav pov tseg.

Yuav Kawm Tau Ntawv Zoo Los Yuav Tsum Yog Muaj Kev Noj Qab Nyob Zoo Thiab.

Siv lub cev ua hauj lwm kom tawm fws. Txhob zaum saib yeeb yaj duab (TV) ntau tsis zoo. Kev kawm tshawb tau tias cov me nyuam uas saib yeeb yaj duab (TV) thiab kov Computer tsawg tshaj yeej xeeb tau ntawv zoo dua.

Qhov yuav pab tau kom koj tus me nyuam kawm tau ntawv zoo yuav tsum txhob pub lawv saib yeeb yaj duab heev heev thiab txhob cia lawv pheej zaum nkaus xwb. Mus nyeem

Daim Ntawv Hais Txog Kev Sau Qoob Raws

Hli yuav qhia tau koj thiab koj tsev neeg kom txawj muab txiv hmab txiv ntoo thiab zaub los ua tej yam tshiab noj thiab kom paub siv yus lub cev ua hauj lwm txhua hnuv.

Yuav Noj Zaub Qhwv Ntau Npaum Li Cas thiaj txaus?

Noj cov zaub qhwv suam nyoos ib zaug li ib khob (khwv yees li ib nphoov tes puv puv). Yog muab hau siav lawm no ces ntau li ib nta khob. Noj ntau yam txiv hmab txiv ntoo thiab zaub uas muaj ntau hom kob txhua hnuv xwb ces yeej zoo rau lub cev lawm.

Siv Lub Cev Hom Khaj!

- Txhob pub me nyuam zaum saib TV ntau. Cia lawv dhia hom khaj kom txaus yav nos mus lawv lub hlwb thiaj kaj los npaj rau lub caij xeeb ntawv thaum nplooj ntoo hlab.
- Nrhiav tej yam zoo rau me nyuam dhia hom khaj kom tawm fws. Muab sau cia thiab qhia lawv kom ua raws nraim li teev tseg txhua txhua hnuv.
- Yog lub caij ntuj no tuaj lawm nrhiav tej lub tsev loj loj uas muaj chaw ntaus pob, ncaws pob, ntaus tis qaib, ntaus tuj lub, dhia hluav, taug kev los sis ua tes taw rau cov me nyuam.
- Yog saib TV, cia me nyuam saib tej qhov txheej txheem uas luag qhia rau me nyuam kawm thiaj pab tau lawv nyob rau tom tsev kawm ntawv xwb.*

