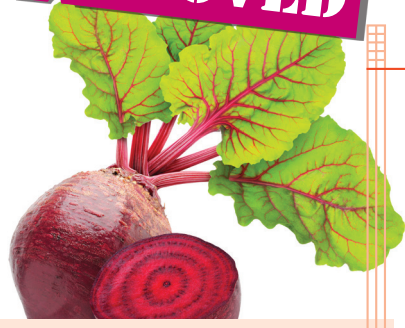


APPROVED



PRODUCE SELECTION:

- Beets:**
- Select beets that are heavy for their size and show no surface nicks or cuts. They should be on the smaller size (about 1 1/2 - 2 inches) and feel firm.
 - If sold with their tops on, the greens are always a good indicator of freshness as they show wilting very quickly.
 - Refrigerate in a tightly sealed plastic bag.

- Figs:**
- Avoid figs with bruises and check to see that the stems are firmly in place (often a loose stem is a sign that the fig is mushy).
 - You should select figs that are soft and ripe and have a pleasant smell to them.
 - Store figs in the refrigerator until you're ready to use them.
 - Because figs are fairly fragile, avoid unnecessary bruising by keeping them on a plate or a very shallow bowl and cover with plastic wrap so you don't end up with dried-up figs.

EVENTS

St. Gabriel Church Health Fair
 Sunday, October 11, 2015
 from 10 am - 1:30 pm
 6000 W 34th St, Indianapolis, IN

Trunk or Treat for Kids with Special Needs
 Saturday, October 24, 2015
 from 1-3 pm
 12425 Old Meridian, Carmel, IN
 Please RSVP by calling 317.338.CARE.
 Siblings are welcome.

FAMILY NUTRITION NEWSLETTER

OCTOBER 2015 EDITION

Produce Items of the Month are BEETS and FIGS

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: INTERNATIONAL WALK TO SCHOOL DAY

October 7, 2015, is designated as International Walk to School Day by the National Center for Safe Routes to School. International Walk to School Day is a global event that involves communities from more than 40 countries walking and biking to school on the same day. It began in 1997 as a one-day event. Over time, this event has become part of a movement for year-round safe routes to school and a celebration each October. Today, thousands of schools across America - from all 50 states, the District of Columbia, and Puerto Rico - participate every October.

If your child's school permits walking or biking to school, please take advantage of this opportunity to be active in getting your child to school. Even if you can only walk one way, the benefits are many - time to be physically active, time to spend with your child, "waking up your child's brain" to begin the day, enjoying the outdoors, etc.

If your child's school doesn't permit walking or biking to school, consider bringing the subject to the table for discussion.

HELPING YOUR CHILD EAT HEALTHY

Figs and beets aren't typically something children beg to eat so it may take some creativity on your part to help them enjoy these delicious foods.


- Figs:**
- Figs are delicious eaten raw or paired with various cheeses.
 - Figs make a nice addition to a salad and pair well with oranges.
 - Add figs to your oatmeal for breakfast.

- Beets:**
- Beets are delicious roasted - simply cut them into quarters, drizzle a little olive oil on them, add some sea salt and roast in the oven until they're tender.
 - Make a medley of roasted root vegetables - beets, parsnips, turnips and carrots.
 - Serve a salad of oranges and beets for a side dish at dinner.



RECIPE CORNER:


Fig Bruschetta
 Serves 3-4 • Total Time: 45 min



- Crusty bread loaf or baguette, sliced thin or grilled (optional)
- Olive Oil for brushing the bread, if you are serving it grilled
- 5-6 ripe figs, quartered
- 1 cup Ricotta cheese
- 1/4 cup chopped pecans
- Fresh thyme leaves

1. If you are grilling the bread: heat the grill and lightly brush each sides of sliced bread with olive oil. Grill each side of the bread till crisp.
2. Spread Ricotta cheese over each slice of bread.
3. Top each bread slice with quartered figs, pecans, fresh figs and fresh thyme leaves.

Roasted Beet Chips



- 3 medium-large beets, rinsed and scrubbed
- Olive oil
- Sea Salt
- Black Pepper
- 2-3 sprigs rosemary, roughly chopped (optional)

1. Preheat oven to 375 degrees F and place oven rack in the center of the oven.
2. Thinly slice beets with a mandolin or a sharp knife make sure they are as consistently thin as possible.
3. Divide the beets between two baking sheets and spray or very lightly drizzle with olive oil. Add a pinch of salt and the rosemary. Toss to coat, then arrange in a single layer, making sure the slices aren't touching.
4. Bake for 15-20 minutes or until crispy and slightly brown. Be sure to watch closely past the 15-minute mark as they can burn quickly. Remove from oven, let cool. Then serve.

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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Figs	
Nutrition Facts	
Serving Size 1 large 2-1/2" dia 64g (64) TJ (g)	
Amount Per Serving	
Calories 47	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Sugars 10g	
Protein 0g	
Vitamin A	2% • Vitamin C 2%
Calcium	2% • 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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