



is for Cabbage

Produce Tips

- There are several types of cabbage, red, chicory (curly endive), Chinese, and savoy cabbage.
- Choose firm cabbage heads that feel heavy and have packed leaves.
- Store cabbage in a sealed plastic bag in the refrigerator up to a week.
- Rinse cabbage well before use.



Nutrition Facts

Serving size: 1 cup raw savoy cabbage, shredded (89g)

Calories 22	Calories from Fat 1	% Daily Value
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 16mg		1%
Total Carbohydrate 5g		2%
Dietary Fiber 2g		8%
Sugars 3g		
Protein 1g		
Vitamin A 2%	Calcium 4%	
Vitamin C 54%	Iron 2%	

Source: www.nutritiondata.com

Recipe

STOVE TOP CASSEROLE

Makes 5 adult servings at 1 cup each

Ingredients

- 1 chopped small onion
- 4 peeled and thinly sliced medium potatoes
- 1½ cups reduced-sodium chicken stock (or broth)
- 2 cups shredded green cabbage
- 1 cup shredded reduced-fat Monterey Jack cheese
- 1 tablespoon vegetable oil

Preparation

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

Adapted from:
www.harvestofthemonth.com

Nutrition Information Per Serving:

Calories 237,
Carbohydrates 33 g, Protein 11 g, Total Fat 8 g, Saturated Fat 4 g, Cholesterol 15 mg, Sodium 165 mg, Dietary Fiber 5 g



Photo: Network for a Healthy California

For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3883. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

What Should Parents Know About Children?

Children can help in the kitchen and practice manual dexterity.

- Children are more likely to try new foods if they have prepared them.
- Children can practice counting, measuring, and following directions.
- Children can learn about the color and taste of new foods.
- Children can stir batter, sprinkle cheese over a dish, or mix in ingredients.
- Four and five year-old children can peel and measure the vegetables for the soup, and fruits for the salad.

Family Activity

Let's get physical!

- Get your children moving in the morning. Turn on the radio and dance. Then power up with a healthy breakfast.
- Is your family feeling tired after school or work? Get up and get moving. It will help energize your body. Jump rope or kick a ball or stretch together.
- Make family time active time. Plan at least one activity each week. Go for a family walk; play kick ball or soccer.



University of California
Cooperative Extension in
Alameda County
1131 Harbor Bay Pkwy, Ste. 131
Alameda, CA 94502

Ph: 510-567-6812 ■ Fax: 510-748-9644
<http://neta.ucdavis.edu>

What Can I Help My Child Learn At Home?

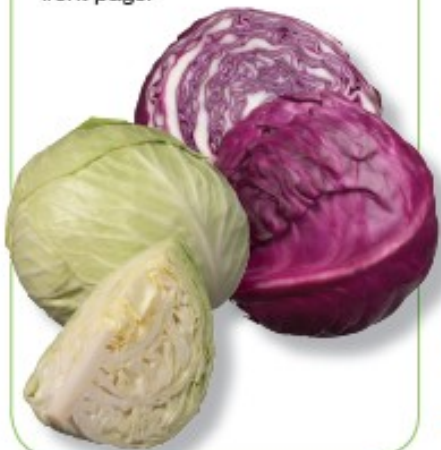


Did You Know?

Children, 3 to 5 years old, love being physically active. Often it is hard to keep them in one place. The solution is to create plenty of opportunities to be active. Create some informal activity schedule at home. On rainy days take your child to the museum, indoor playground, shopping mall, or on a walk to the supermarket.

What is in Season?

February is the season to celebrate Chinese New Year, Black History Month, and Valentine's Day. Eat a lot citrus fruits (orange, mandarin, tangelo, lemon, lime, kumquat). Cabbage—red, green, and Chinese cabbage are also seasonal and can be eaten in different ways. Read the information included on the front page.



WHAT TO DO?

Make Healthy Eating and Active Living a Family Affair.

1. Keeping a child healthy and active requires you, as a parent, to support the school messages about:
 - Eating more fruits and vegetables--at least half of your plate.
 - Making at least half of your grains whole grains.
 - Switching to fat-free or low-fat (1%) milk.
 - Offering water to your child, instead of sugary drinks.
2. Keep your child physically active and encourage free play as much as possible. There are some skills that children must get during their first six years:
run, tip toe, jump two feet, walk forward and walk backward, climb stairs, balance on right foot and on left foot, gallop, skip, kick a ball, throw a ball and catch a ball, etc.



Photos: Network for a Healthy California

What Did My Child Do in School Today?

Children learned about some letters of the alphabet, while learning about the different types and colors of cabbage. They did different types of creative movement (pretending to swim, walking in a jungle, being a crab moving on the beach, and other movements). Children enjoyed being active and stretching.

Enjoy Your Time with Your Child.