



## Immune System Support

With the winter months approaching, so is the cold and flu season. A healthy immune system ensures we stay healthy during this time and fight off illness quickly.

There are key nutrients critical for the growth and function of your immune system. Each nutrient can help by working as an antioxidant to protect healthy cells, supporting the growth and activity of immune cells, or producing antibodies. Check out some of these nutrients and their food sources below:

**Vitamin C:** Citrus fruits, bell peppers, tomatoes, and cruciferous vegetables (broccoli, Brussels sprouts, cabbage, cauliflower)

**Vitamin D\*:** Fatty fish (salmon, tuna, sardines), egg yolks, fortified foods with vitamin D (dairy and non-dairy milks, orange juice, and cereals)

\*Combine with a fat source for better absorption

**Vitamin A:** Leafy green vegetables, orange and yellow vegetables, milk, eggs, and fortified foods

**Zinc:** Meats, poultry, shellfish, legumes, nuts, whole grains

**Selenium:** Brazil nuts, fish, beef, poultry, beans, lentils, whole-wheat bread

**Iron\*\*:** Meats, poultry, seafood, nuts, seeds, beans, lentils, spinach

\*\*Combine with a vitamin C source for better absorption

Fueling your body through nutrient dense food, exercising, sleeping well, and keeping your stress low all contribute to a strong immune system.

## Food Safety Tip

One of the best ways to fight germs is to wash your hands frequently. Rinse your hands under running water, lather and scrub with soap for 20 seconds, and rinse again with clean water. Dry off your hands with a clean towel or air dry.



If you need help with food, apply for SNAP today!

The Greater Boston Food Bank can help you apply for SNAP benefits. Contact us to find out if you are eligible, want to apply, or want support on your existing case.

CALL: (617) 598 5022  
OR  
VISIT: [GBFB.org/SNAP](https://www.gbfb.org/SNAP)



# Chicken Vegetable Soup

This recipe is full of nutrients and vitamins to stay warm and satiated in the colder months while boosting your immune system. Add rice or noodles of your choice for a more classic chicken noodle soup.

## Nutrition Facts

Chicken Vegetable Soup

Amount Per Serving

Calories 475

Calories from Fat 153

% Daily Value\*

Total Fat 17g 26%

Saturated Fat 4g 20%

Trans Fat 0g

Polyunsaturated Fat 6g

Monounsaturated Fat 6g

Cholesterol 85mg 28%

Sodium 584mg 24%

Potassium 2125mg 61%

Total Carbohydrates 51g 17%

Dietary Fiber 11g 44%

Sugars 8g

Protein 33g 66%

Vitamin A 578%

Vitamin C 71%

Vitamin D 0%

Calcium 23%

Iron 50%

\* Percent Daily Values are based on a 2000 calorie diet.

## Ingredients

- vegetable oil
- 1 onion, diced
- 3 carrots, diced
- 4 celery stalks, diced
- 1 tbsp thyme
- 1 tbsp oregano
- 1 small butternut squash, diced
- 3 small potatoes, diced
- 16 oz low sodium chicken stock
- 2 cups chicken, diced
- 2 cups spinach (optional)

## Directions

1. Heat oil in medium stock pot over medium heat. Add diced celery, onions, and carrots.
2. When soft and fragrant, add thyme and oregano. Stir. Let cook for another 2 minutes.
3. Add in diced squash, potatoes, and chicken stock. Cook until potatoes are soft, about 20 mins.
4. Add in precooked chicken and spinach and cook until chicken is warm.

Makes **3** servings.



## LOOKING FOR RECIPE INSPIRATION?

Check out Click 'N Cook®, our online recipe database at [clickncook.org](http://clickncook.org)

## What can you do with:

### Grapefruit



Originating in Barbados, grapefruits have grown in popularity around the world. With the right preparation technique (listed below), you can enjoy this delicious, juicy fruit and reap its many nutrition benefits.

**Choosing:** Choose grapefruits that are firm and feel heavy for their size. For best quality, select ones that are free of squishy brown spots.

**Storing:** Grapefruits can be stored at room temperature for up to one week. They can also be refrigerated for up to three weeks.

**Preparing:** Wash the outside of the grapefruit with water. The key to enjoying a grapefruit is to avoid the white membrane, which tends to be bitter. Do this by cutting the grapefruit in half and scooping out the individual pink/red sections with a spoon.

**Uses:** Grapefruits can be eaten raw on its own or added to oatmeal, yogurt, smoothies, or salads. They can also be baked or broiled.

**Nutrition:** This fruit is a good source of vitamins A and C, which help boost immunity and healing. One half of a grapefruit contains 6 grams of fiber.

**Fun Fact:** The name “grapefruit” came about because they grow in clusters, looking like big grapes.

**A CLICK N’ COOK RECIPE**  
MORE AT: [CLICKNCOOK.ORG](https://clickncook.org)

### Broiled Grapefruit Halves



#### Ingredients

- 1 grapefruit, cut in half
- 2 teaspoons sugar
- 1/4 teaspoon cinnamon, ground

#### Directions

1. Preheat broiler.
2. Sprinkle sugar and cinnamon over both halves of the grapefruit and place on baking sheet.
3. Broil until sugar melts and starts to bubble.





## Soups: A Super Meal

Not only is soup a delicious, warm meal, but it also can be nutritious and easy to create!

Besides your basic kitchen utensils, most homemade soups require a stovetop and a pot. You can also utilize your microwave to enhance canned soups.

Cook a classic recipe such as chicken noodle soup or add a twist to an existing soup recipe. If starting your soup from scratch, consider these components:

*Liquids* like vegetable, beef, chicken, or bone broth  
*Vegetables* like carrots, potatoes, spinach, onion  
*Spices* and *herbs* like oregano, thyme, onion powder  
*Protein* such as chicken, beef, turkey, beans, lentils

With those components, you have created a balanced, tasty meal. Be sure to save some for later! Soups can taste even better the next day.

For more information on revamping your canned soups and step-by-step on building your soup from scratch, check out the Healthy Tips blogs on the Click 'N Cook website.



### December 2023

National Pear Month

National Egnog Month

National Comfort Food Day  
December 5

National Cocoa Day  
December 12

National Biscuits and Gravy Day  
December 14

National Maple Syrup Day  
December 17

National Oatmeal Muffin Day  
December 19

National Bake Day  
December 23

National Vinegar Day  
December 31