



HEALTH AND WELLNESS
POWERED PANTRIES

FUEL FOR FALL





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DEAR PARTNER,

We are committed to working with you to support the health and wellness of your community and site. As part of our partnership we support you with tools and materials to support your health and wellness goals. Each quarter, we share a campaign toolkit on a specific area of focus.

These campaign toolkits provide resources, learning tools, and reading materials. We ask that you share the information with your site attendees. Hang and post these materials throughout your site to raise awareness for the topics shared.

This quarter (October - December) our focus is on fall foods that improve health. This toolkit titled “Fuel for Fall” will focus on promoting foods that help to boost the immune system as well as other ways to reduce the risk of infectious diseases such as the use of additional materials like masks, tissues, and hand sanitizers.

Maintaining a community health starts with strengthening immunity against infections that become more common during this time of year. By encouraging healthy choices, we can help protect everyone – especially seniors, who face higher risks during cold and flu season.

Best,

Nutrition Education Team
Community Food Bank of New Jersey





WHAT ARE IMMUNE BOOSTING FOODS?

Immune boosting foods help people avoid unnecessary visits to the doctor and stay healthy and safe as the weather gets colder.

These foods contain a variety of vitamins and micronutrients that can prevent infections, promote faster healing, and minimize harmful levels of inflammation.



Many of the benefits overlap, but it is important to consume multiple items from each of the boxes to reap the most benefits.

MORE INFORMATION AND TIPS

- Citrus fruits contain vitamin C which helps bone health and reduce osteoporosis.
- It is best to consume these fruits raw and eat their pulp.
- They can also be juiced and mixed with papaya and pomegranates to create a energizing 'pick me up' drink for the fall season.



- Vegetables like onions, mushrooms and carrots are rich in fiber and nutrients.
- Light boiling or steaming these earthy veggies instead of stir frying are a great way to preserve all their nutrients.



- Ginger, garlic, and turmeric are popular herbal remedies with anti-inflammatory properties.
- They can be incorporated into teas.
- Nuts can be added to trail mix or yogurt as a light, easy snack!

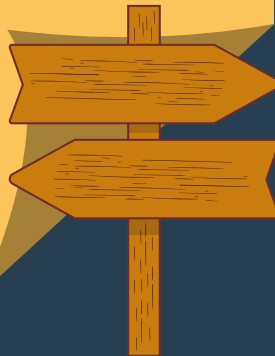


- Milk is a rich source of nutrients and can be added to coffee, smoothies, and oatmeal.
- Yogurt promotes the growth of healthy gut bacteria and can be mixed with fruits and nuts as a snack or dessert.
- Eggs are a good source of protein and anti-oxidants and can be boiled or poached as healthier alternatives to frying.



SIGNS

A GREAT WAY TO NUDGE NEIGHBORS TOWARDS LESS VISUALLY EXCITING FOODS IS TO LABEL THE PRODUCE SECTION WITH COLORFUL SIGNS THAT GRAB ATTENTION. DRAW ATTENTION TO THE IMMUNE BOOSTING FOODS WITH BRIGHT COLORED LABELS THAT INCLUDE PUNS OR LIGHT JOKES LIKE “PEEL THE LOVE” TO PROMOTE ONIONS OR “ROOT FOR ROOTS” TO PROMOTE CARROTS



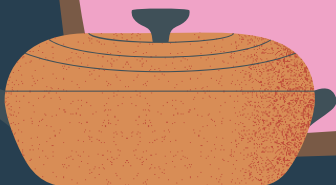
GIFT BAGS

HELP BUILD AN ASSOCIATION BETWEEN IMMUNE BOOSTING FOODS AND COLD-PREVENTION BY HANDING OUT GIFT BAGS WITH MASKS AND HAND SANITIZERS



RECIPE CARDS

HAND OUT QUICK, EASY RECIPES WITH THE INFORMATION PRESENTED ABOVE TO EDUCATE AND ENCOURAGE THE USE OF THESE FOODS



Resources, Handouts & Flyers

Johns Hopkins

VITAMIN C SPOTLIGHT: IMMUNE-BOOSTING BELL PEPPERS
 1 Bell Pepper = 185% Daily Vitamin C

VITAMIN A IMMUNE-BOOSTING FOODS
 Carrots, Sweet Potatoes, Spinach, Cantaloupe, Butternut Squash, Bell Peppers

VITAMIN C IMMUNE-BOOSTING FOODS
 Kiwifruit, Bell Peppers, Strawberries, Citrus Fruits, Broccoli, Tomatoes

VITAMIN E IMMUNE-BOOSTING FOODS
 Sunflower Seeds, Almonds, Avocado, Spinach, Butternut Squash, Olive Oil

PLANT-BASED FOODS HIGH IN IMMUNE-BOOSTING ZINC
 Tofu, Hemp Seeds, Lentils, Beans, Whole Grains, Pumpkin Seeds

FOODS HIGH IN IMMUNE-BOOSTING PLANT-BASED PROTEIN
 Tofu, Legumes, Beans, Peas, Seeds, Nuts

The Kaplan Center

1 VITAMIN C
 Red sweet pepper, raw (¼ cup) - 142 mg
 Red sweet pepper, cooked (1/2 cup) - 116 mg
 Guava, raw (1/2 cup) - 188 mg
 Kiwi fruit, 1 medium - 70 mg
 Orange, 1 medium - 70 mg
 Strawberries, raw (½ cup) - 49 mg
 Brussels sprouts, cooked (1/2 cup) - 48 mg
 Cauliflower, cooked (½ cup) - 26 mg

2 ZINC
 Oysters, 6 medium - 70 mg
 Beef shanks, cooked (3 oz) - 8.9 mg
 Beef, ground, 90% lean, cooked (3 oz) - 5.4 mg
 Turkey, dark meat, cooked (3 oz) - 3.0 mg

3 COPPER
 Beef liver, pan-fried (1 oz) - 4,128 mcg
 Oysters, cooked, 6 medium - 2,397 mcg
 Cashews, raw (1 oz) - 622 mcg
 Sunflower seeds, dry roasted - 519 mcg
 Almonds (1 oz) - 292 mcg
 Peanut butter, unsalted (2 tbsp) - 185 mcg

4 SELENIUM
 Brazil nuts, 3 kernels - 272 mcg
 Halibut, wild caught (3 oz) - 47.1 mcg

5 PREBIOTIC FOODS
 Asparagus, Jerusalem Artichoke, Banana, Jicama, Kale, Eggplant, Leeks, Endive, Legumes, Garlic, Onions, Honey, Peas, Radicchio, Whole Grains, Yogurt

6 PROBIOTIC FOODS
 Acidophilus milk, Kimchi, Tempeh, Buttermilk, Kombucha, Yogurt (plain, no added sugar, active cultures), Cheese (aged), Miso/Natto, Pickled vegetables, Cottage cheese, Fermented meats (raw), Sauerkraut, Fermented vegetables, Kefir, Sour cream

Valley Community Healthcare

Foods That Boost Your IMMUNE SYSTEM
 Here are 5 foods that can bolster your immune system!

CITRUS FRUITS
GINGER
SPINACH
GARLIC
YOGURT

Boost your immune system with these foods and find quality healthcare services at Valley Community Healthcare!
valleycommunityhealthcare.org

Food Science and Nutrition

Immunoglobulins Ig A & IgG, α and β-casein
Vitamin E
Vitamin C
Vitamin C & Elagic acid
β-carotene

H₂O- Reflux of toxins in various form
Vitamin C, Naringin
Sulforaphane
Curcumin
Elagitanin, Punicalagin
Sulfoxideallin, DAS
Diallyl sulphate (DAS)
Selenium, Vit B6, β-D-glucan