



Be a *Wellness* WARRIOR

CANCER *Fighter*

IMMUNITY *Builder*



NATIONAL
BREAST
CANCER
FOUNDATION, INC.®

Live Well, Take Control of your health and reduce the risk
of breast cancer by eating more fruits and vegetables.



Be a Champion of *Your Own Health*

You can fight cancer and build immunity by eating more fruits and vegetables every day. The USDA recommends eating five to nine servings of fruits and vegetables per day. A simple visual guideline would be to fill half your plate with fruits and veggies at every meal.

- Eating more fruits and vegetables can help you feel full and satisfied, which may help you control your hunger and manage your weight.
- Apples and pears, citrus fruits, salads and green leafy vegetables like spinach, lettuce and chicory, as well as cruciferous vegetables such as broccoli, cabbage and cauliflower may all help reduce cancer risk and aid in the prevention of heart disease, stroke and early death.
- Eat fewer high-fat foods and processed sweets. Try substituting fruit when you want something sweet and satisfying.
- Choose whole-grain bread, cereals and pasta over refined-grain versions.
- Physical activity not only burns calories, it's also fun and can help reduce the risk of some types of cancer. Choose an activity that you enjoy so you'll be more likely to stick with it. If you build activity into your daily routine, it doesn't take much time. Just 30 minutes of brisk walking a day can make a big difference in your health.

Be informed: Play an active role in living healthy

It is recommended that women visit their family physician or gynecologist each year for an annual Well-Woman Exam. In addition to a routine pelvic exam and pap smear, the doctor may perform a brief clinical breast exam to check for abnormalities. Often, he or she will check your breasts using the same technique that is used for breast self-exams. The Well-Woman Exam is a great opportunity for you to discuss with your health care provider any questions or concerns you have regarding your breast health.



Visit pinkribbonproduce.org
for delicious recipes to power up your plate for healthy living.

Assessing Your Personal Risk

A risk factor is a characteristic that increases the likelihood of developing cancer. If you answer “yes” to any of these questions, it may be time to talk to your doctor about getting a mammogram.

- ☐ I am a woman aged 40 or above
- ☐ I have been previously diagnosed with breast cancer or ovarian cancer
- ☐ My mother, sister, and/or daughter has been diagnosed with breast cancer
- ☐ I have tested positive for a gene mutation that is associated with higher risk of breast cancer (i.e. BRCA1 or BRCA2)

Breast Changes to Look For:

You should see your health care provider about any of these symptoms. Often these symptoms are not due to cancer, but if you notice any changes in your body, tell your health care provider immediately so that the problems can be diagnosed and treated.



- A lump or thickening in or near the breast or in the underarm area
- A change in the size or shape of the breast
- Dimpling or puckering in the skin of the breast
- A nipple turned inward into the breast
- Discharge (fluid) from the nipple
- Scaly, red or swollen skin on the breast, nipple or areola (the dark area of skin at the center of the breast)

Where to Get a Mammogram:

Free or low-cost mammograms are available to women with low incomes and who are uninsured or underinsured. Here are some resources to help you secure a free mammogram if you qualify.

nbcf.org/national-mammography-program

National Breast Cancer Foundation’s National Mammography Program (NMP) provides funding to facilities across the United States, so they can provide free or low-cost mammograms to underserved women.

cdc.gov/cancer/nbccedp

CDC’s National Breast and Cervical Cancer Early Detection Program (NBCCEDP) provides access to breast and cervical cancer screening services to underserved women in all 50 states and the District of Columbia.



Supporting The Fight



Harris Teeter is committed to helping the communities we serve become better places to live, work and play. What's good for our customers and team members is simply good business which is why we proudly support numerous philanthropic organizations. We are delighted to host the Pink Ribbon Produce program again this October, allowing us to help educate women about breast cancer and provide them with steps for better health. We encourage everyone to support the fight against breast cancer, a disease that affects thousands of women who are mothers, sisters and daughters. **Together, we can all make a difference.**

About the National Breast Cancer Foundation, Inc.[®]

Recognized as one of the leading breast cancer organizations in the world, National Breast Cancer Foundation (NBCF) is Helping Women Now[®] by providing early detection, education and support services to those affected by breast cancer. A recipient of Charity Navigator's highest 4-star rating for 15 years, NBCF provides support through their National Mammography Program, Patient Navigation, breast health education, and patient support programs.

For more information, please visit nationalbreastcancer.org



Be a *Wellness Warrior!*

ENTER THE

Wellness **WARRIOR** **\$1,000** **CONTEST**



SHARE A PHOTO
OF YOUR HEALTHY MEAL ON SOCIAL
USING A PARTICIPATING PARTNER PRODUCT,
TAG PINK RIBBON PRODUCE and add the hashtag
#WELLNESSWARRIOR in the caption for your
chance to win up to \$1,000 to (Harris Teeter) grocery markets.



GRAND PRIZE:
\$1,000 GIFT CARD

Contest runs October 1 – 31, 2021. See full rules and get recipes at
pinkribbonproduce.org. Good Luck!

Be a *Prevention Champ!* With These Recipes

A healthy plate and an active lifestyle can help reduce your risk of breast cancer. Here are some of the ways Pink Ribbon Produce, Harris Teeter and its produce partners can help you bring balance to your life.



At Curation Foods, they inspire you with delicious ways to enjoy the goodness of fresh vegetables. It all starts with their farmers, who carefully select and harvest their vegetables at the peak ripeness. Their chefs go to work, creating a variety of exciting products, using only the freshest vegetables for full, true flavor.

Eat Smart® Broccoli Skewers

Ingredients:

2 cups of Eat Smart® Broccoli Florets

2 cups baby bell peppers

1 cup cherry tomatoes

1/2 red onion – wedges

Bamboo skewers

2 tablespoons olive oil

Salt and pepper taste



Instructions:

Blanch broccoli for 3 min in boiling water, then drain into ice bath. Thread skewers with broccoli florets alternating with any combination of mini pepper, cherry tomatoes or red onion wedges. Brush lightly with olive oil, sprinkle with salt and pepper. Grill over medium heat until lightly charred on both sides.

Curation
FOODS

apioint.com

Farm Direct Supply asparagus is low in calories and a great source of nutrients including fiber, folate and vitamins A, C and K. Additionally, eating asparagus has many potential health benefits including weight loss, improved digestion, healthy pregnancy outcomes and lower blood pressure.

Lemon and Parmesan Roasted Asparagus

Ingredients:

- 1 bunch thin asparagus spears, trimmed
- 3 tablespoons olive oil
- 1 ½ tablespoons grated Parmesan cheese
- 1 clove garlic, minced
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 tablespoon lemon juice

Instructions:

Preheat an oven to 425° F (220° C). Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer. Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.



farmdirectsupply.com

Salads are a great source of fiber, vitamin A, vitamin C and other nutrients. Their salad mixes contain antioxidants and anti-inflammatory properties which help prevent cancer and other diseases. High in fiber, this powerhouse salad mix supports digestion and detoxification.

Rotisserie Chicken Caesar Supreme

Ingredients:

- 1 Fresh Express Caesar Supreme Kit
- 1 rotisserie chicken, breast meat pulled off the bone, shredded or cut into bite sized pieces
- 1 1/2 cups chopped green beans (or use asparagus spears if preferred), steamed until just tender
- 3/4 cups grape tomatoes, cut in half

Instructions:

Place salad greens in salad bowl and toss with the dressing and cheese packets. Divide onto plates and top with the chicken, green beans (or asparagus), tomatoes and croutons and serve.



freshexpress.com

Did you know that potatoes are not only delicious but a healthy addition to your daily diet? They are loaded with carbohydrates, protein, calcium, niacin and vitamin C. Sweet potatoes provide more than twice the daily recommended intake of vitamin A and one-third of the daily requirement of vitamin C. They're also full of vitamin B6, iron and potassium — and contain little fat and sodium. Farmers Market russet, red, white, Yukon and bulk sweet potatoes are packed and shipped by Nature's Way Farms and you can count on the highest quality at Harris Teeter throughout the year.

Savory Bacon and Guacamole Stuffed Potatoes

Ingredients:

1 bag Nature's Way Steam It! Sweet Potatoes

1 tablespoon vegetable oil

1 (8-ounce) WHOLLY GUACAMOLE®
Organic Guacamole

1/4 cup sour cream

1/4 cup chopped green onions

1/4 cup Hormel® Real Bacon Pieces

Instructions:

Heat oven to 400°F. Wash sweet potatoes. Rub with oil and place on baking sheet. Bake 45 minutes or until tender. Let stand 10 minutes. Cut slit in top of potato and stuff with guacamole. Top each with 1 tablespoon sour cream, green onions and bacon pieces.



nwfarms.net

Grapes offer a wealth of health benefits due to their high nutrient and antioxidant contents. Antioxidants are beneficial plant compounds that may protect against chronic health conditions, such as diabetes, cancers and heart disease. Grapes also help with anti-aging, inflammation and muscle repair. They can relieve fatigue, migraines, indigestion and constipation. Not only that, they can help lower blood pressure and prevent heart attacks.

Red Grape and Walnut Sweet Potato

Ingredients:

- 2 cups Pacific Trellis premium red seedless grapes
- 4 sweet potatoes
- 1 teaspoon grapeseed oil
- 2 cups walnuts
- 4 ounces goat cheese crumbles
- 2 tablespoon agave syrup
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- Salt and pepper to taste

Instructions:

Preheat oven to 400° F. Line a baking sheet with foil. Pierce several holes in all sweet potatoes with a fork. Bake for 40-50 minutes until potatoes are tender. Remove sweet potatoes from oven, slice in half and let cool. Increase the oven temperature to 450° F. On a non-stick baking sheet, lightly drizzle grape seed oil over Pacific Trellis red seedless grapes. Season lightly with salt and pepper. Toss to coat evenly. Roast Pacific Trellis red seedless grapes for 20-25 minutes or until skin begins to break. Remove from oven and let cool. Now that sweet potatoes are cooled, remove the inner flesh from each half and set aside. Combine the sweet potato flesh, walnuts, cinnamon, nutmeg, agave and a dash of salt and pepper in a large bowl. Add 3 oz of goat cheese crumbles and save 1 oz for topping. Mix ingredients well. Fill sweet potato skins with mix and re-heat for 15 mins. Top slices with roasted Pacific Trellis red seedless grapes and remaining goat cheese. Drizzle with agave syrup.



pacifictrellisfruit.com

Vertical Roots is the largest hydroponic container farm in the U.S. They produce leafy greens, which are like a nutrient powerhouse. Dark green and red-colored leafy greens indicate higher nutritional content and Vertical Roots leafy greens have countless antioxidants, vitamins and minerals that promote a healthy heart, memory, immune system, strong bones, eyesight and even skin.

Citrus Salad with Honey Lemon Vinaigrette

Ingredients:

Salad:

1 package of Vertical Roots Beautiful Butter lettuce (or Green Butter Living Lettuce)
1 grapefruit
1 orange
1 rainbow radish
Feta cheese
Dry roasted almonds
Fresh cilantro
Pinch of salt + pepper

Dressing:

4 tablespoons lemon
4 tablespoons olive oil
2 teaspoons honey
2 teaspoons Dijon mustard
Pinch of salt + pepper



Instructions:

For Salad Preparation: Place Beautiful Butter in favorite salad bowl or dish. Remove rinds, and slice grapefruit and orange into bite size pieces; add as much as you like! Roughly chop almonds. Thinly slice rainbow radish. Crumble feta cheese. Pick fresh cilantro leaves and add a pinch of salt and pepper on top to finish. Pour vinaigrette over salad or leave on the side.

For Dressing Preparation: Use a 1:1 ratio for your lemon juice and olive oil. Roll lemon back and forth on counter to release the juices from the citrus. Cut and squeeze lemon juice in a bowl with oil, Dijon, honey, and salt and pepper. Whisk until emulsified! Adjust the ingredients to your taste!



verticalroots.com

Washington Fruit markets apples, pears and cherries from the growing regions of Central Washington and Northern Oregon. They are dedicated to the finest quality of fruit for their customers. Apples rank second only to berries in antioxidants when it comes to fighting cancer. Several studies found that eating one or more servings of apples a day helped lower the risk of colorectal, lung and prostate cancers. In addition to vitamin C, pears contain electrolytes, magnesium and copper, an antioxidant nutrient that helps the central nervous system and boosts brain power. Cherries are especially high in polyphenols, a large group of plant chemicals that help fight cellular damage, reduce inflammation and promote overall health.

Apple Cinnamon Chia Pudding

Ingredients:

Chia Pudding:

- 6 tablespoons chia seeds
- 1 cup of milk (regular or nondairy)
- 1/2 cup plain yogurt (regular or nut-based)
- 1 tablespoon maple syrup
- 1 teaspoon vanilla extract
- 1 teaspoon lemon juice

Sautéed Apples:

- 2 Fuji apples, peeled and diced
- 1 tablespoons unsalted butter
- 2 tablespoons maple syrup
- 1/4 teaspoon cinnamon

Instructions:

To make the pudding; combine the chia seeds, milk, yogurt, maple syrup, vanilla and lemon juice in a bowl, mix well to combine. Transfer to an airtight container and refrigerate until set, at least 1 hour or up to 12 hours. To make the sautéed apples; melt the butter in a non-stick skillet over medium heat, add the maple syrup. When the mixture begins to bubble add the diced apples and sauté until the apples have golden brown and caramelized, about 20-25 minutes. Turn off the heat and mix in the cinnamon. Set aside to cool slightly. Before serving, stir the chia pudding well then divide into individual serving dishes, top with warm sautéed apples and serve, or refrigerate until chilled if desired.



washfruit.com

Wholly Guacamole®! Did you know that avocados are fruits that add to your daily fruit consumption? Having just the right amount of spice and garlic, Wholly Guacamole® products are sure to be a hit for everyone, with real homemade guacamole taste that keeps well in your freezer for up to 3 months. Wholly Guacamole® Classic Guacamole dip is all-natural, gluten-free, kosher-certified, naturally cholesterol-free with no preservatives.

Wholly® Guacamole Chicken Salad

Ingredients:

- 1 1/2 cup shredded chicken
- 1 (8-ounces) package WHOLLY® GUACAMOLE CHUNKY GUACAMOLE
- 1/2 cup shredded carrots
- 1/2 cup diced celery
- 1/2 cup chopped red cabbage
- 1/4 cup diced jicama
- 1/4 cup chopped cilantro
- Juice of 1 lime
- Cracked pepper to taste
- Sea salt to taste
- 1 sweet red bell pepper, halved and hollowed

Instructions:

Combine ingredients in a bowl. Add mixture to bell pepper.



WHOLLY®
GUACAMOLE

eatwholly.com



During October 2021, the following companies are participating in the Pink Ribbon Produce program to help women be proactive about their breast health. Through the program, donations will be made to National Breast Cancer Foundation benefiting local hospitals. This donation consists of flat donation amounts or a percentage of sales made by our partners.



Pink Ribbon Produce proudly supports the local programs of the National Breast Cancer Foundation. For more information and healthy recipes, visit pinkribbonproduce.org

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