
PCC NEWSLETTER



Orange Ginger Immunity Smoothie

Ingredients:

- 1 banana
- 1 clementine, peeled
- 1 carrot, peeled and chopped
- ½ tbsp. grated fresh ginger
- 8-12 oz. orange juice
- ½ cup of plain Greek yogurt
- ¼ tsp. cinnamon
- ¼ tsp. turmeric
- 1 cup ice

Instructions:

Assemble ingredients into a high powered blender. Blend thoroughly and enjoy.

Notes:

Freeze one or more of the fruits for a thicker, colder drink. Choose sweetened yogurt over plain for a sweeter smoothie.

It's no secret that immunity has been a hot topic in the past few months. As a Registered Dietitian, many come to me asking: what can I eat to boost my immune system and prevent getting coronavirus?

It is worth noting this: **no one food can completely prevent you from contracting COVID-19, or any other virus.** However, there are a few key nutrients you can keep in your arsenal of healthy food to help your body fight off sickness.

Let's break down each ingredient and its benefits to our immune system:

Orange juice: not only does the OJ in this smoothie add natural sweetness, it is rich in **vitamin C:** an essential nutrient that has been proven to increase the production of white blood cells, or the "good guys" that fight off infections.

Continued on Page 2...

Carrot: this colorful addition is rich in a pigment called **beta-carotene**, which is an antioxidant, or a nutrient that destroys unstable cells in the body. Antioxidants may prevent dangerous diseases, and recent research shows that the consumption of them can strengthen your immune system response to viruses.

Ginger: this spice is one of the most widely used medicinal herbs in the world, and while all of its benefits haven't been proven, ginger is known to contain **anti-inflammatory properties**: it may reduce swelling and pain, as well as prevent and ease nausea. This can ease any symptoms that you may experience should you get sick.

Cinnamon: this spice is comprised of a compound called **cinnamaldehyde**, which may be used to flavor different products. However, its potent flavor isn't its only benefit: it is known for its antimicrobial properties, which can reduce the risk of developing an infection.

Turmeric: hiding in this spice is a pigment known as **curcumin**, which known to have anti-inflammatory properties like ginger, but recent research has shown its ability to enhance immunity: curcumin may activate certain white blood cells in the body to help fight off sickness.

These 5 foods plus the other nutrient-dense ingredients in this smoothie may play a key role in staying healthy this fall, where flu season will begin. For now, stay cool with this delicious drink!

Enjoy!



This recipe and article along with others can be found on the PCC website under the "Chef's Corner" section.

Julia is a Registered Dietician and a graduate of the University of Delaware. She is attending Immaculata University for her master's degree in Dietetics. Julia has worked most of her life at PCC doing just about everything from being an event server to working on the PCC Nutritional Facts project on our website. She is passionate about food, nutrition and photography.

Would you like more of her fantastic food ideas... follow her on Instagram @peanutbutterbliss.

She also has a website with more about her services, podcast and more, check it out at www.juliadececcord.com

New Normal

PCC has been fully committed to the safety and health of our clients and staff. In doing so, we have been continually evolving our sanitation and delivery practices according to the CDC guidelines.

Here is a detailed breakdown on what we are doing:

- Sanitation: We have increased our already strict sanitation procedures. Door knobs and frequently touched surfaces are cleaned several times during the work day. We offer foot operated handwashing stations as well as hand sanitizers throughout the building and in every delivery vehicle.
- Staff: We are requiring staff to wash their hands upon arrival. All staff must have their temperatures taken as soon as they enter the building. All staff are required to wear masks. We have also spread staff work stations out as much as possible to follow social distancing guidelines.

- Delivery: We are offering contactless delivery with items packaged in oversized bags. Just another step to keep our clients and our staff safe.

Help us help you...

We understand your needs and/or policies may have changed during this time and for the future. We want to be able to best serve you by accommodating any necessary changes. We can work on new procedures for delivering to your building and can create new menu items/offerings. We just need to get a better understanding of **your** specific needs.

We are working on perfecting the “new normal” to ensure you still get the quality service and food that you have always expected from PCC!

Be well!

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