Promoting Tobacco Awareness and the Great American Smokeout in Your Community
Tobacco Use

Did you know that tobacco use is the single largest preventable cause of disease and premature death in the United States? Are you aware that each year smoking accounts for 443,000 premature deaths and that 49,400 non-smokers die as a result of exposure to secondhand smoke? (American Cancer Society Cancer Facts & Figures 2009)

With the increasing number of states and communities going smoke-free, there are has never been a better time to quit smoking! The American Cancer Society invites people who want to quit using tobacco products – and their friends and family – to visit www.cancer.org/GreatAmericans to find resources, tips and tools to help.

The third Thursday in November marks the American Cancer Society’s Great American Smokeout. The Great American Smokeout presents a wonderful opportunity to encourage smokers to quit for good and make them aware of all of the resources available to help.

How to use this Toolkit

Take time to educate your community on the ways to fight back against big tobacco by becoming an advocate, quitting smoking or supporting others as they quit smoking.

This toolkit gives you resources for implementing anti-tobacco activities within your community. The kit includes suggestions and ideas for promoting awareness through a variety of methods including brochures, email blasts, newsletter articles, quick facts, events, etc.

Collaborate with other volunteers in your community, including your staff partner and the advocacy, survivorship, and publicity chairs to develop an action plan for your community.
Suggestions for Promoting Tobacco Awareness within your Community
(All content for email blasts, newsletter articles, the quiz, and the recipe mentioned throughout this list is located in the pages to follow.)

**Adopt a Smoker**
Smokers who have support are more likely to quit successfully and stay quit. Encourage nonsmokers to “adopt a smoker.” The non-smoker will commit to being available for the smoker trying to quit tobacco. Hold an informal sign-up breakfast or other event for smokers and non-smokers who are willing to “adopt” a community member.

**Advocate**
Advocates work towards policy change such as increasing the tobacco tax or smoke-free workplaces. Work with your advocacy chairs or visit [www.acscan.org](http://www.acscan.org) to identify opportunities to get involved in your community.

**Brochures**
Brochures are available from your American Cancer Society. Contact your local staff partner to place an order for brochures and other materials.

**Desktop Helpers**
Encourage people to visit [cancer.org/GreatAmericans](http://cancer.org/GreatAmericans) to download the “Quit Clock Countdown to Quitting” desktop helper, or have them download the “Craving Stopper” desktop helper once they've quit. Both are free, helpful tools that can be placed on someone’s desktop to support their quit attempt.

**Email Blasts**
- Promote awareness by sending email blasts to friends, family, committee members, team captains, etc and encouraging them to do the same. You can also print and distribute the email blasts as flyers at locations throughout your community.
  - Email Blast #1: Put Money Back in Your Pocket
  - Email Blast #2: Double Your Chances of Quitting Tobacco
  - Email Blast #3: Set a Quit Day: You Can Do It!
  - Email Blast #4: Your Quit Day is Coming
  - Email Blast #5: Suggestions for your Quit Day

**Email Signature**
Consider changing your email signature to promote tobacco awareness – “Quitting smoking is one of the most important steps in creating a world with less cancer and more birthdays. The American Cancer Society can help. Call 1.800.227.2345 or visit [www.cancer.org/greatamericans](http://www.cancer.org/greatamericans) for more information.”
Employers
Employers are disproportionately affected by tobacco use, but uniquely positioned to affect change by establishing tobacco-free policies, ensuring effective tobacco cessation benefit coverage and implementing workplace-based tobacco cessation initiatives. Contact your local staff partner for more information specifically for employers, including a tobacco awareness toolkit.

Great American Smokeout
The Great American Smokeout is the third Thursday in November. This year, 2009, marks the 34th Great American Smokeout. This is great opportunity to promote tobacco awareness in your community.

Newsletter Inserts
Use the following newsletter inserts for your event newsletter if applicable. This information can also be used for email blasts
- Newsletter Article #1: Five Keys for Quitting
- Newsletter Article #2: Helping a Smoker Quit – Do’s and Don’ts

Personal Testimonials
Many people have quit using tobacco products for good. Consider featuring these individuals in your event newsletter, via an email blast, on your event website or ask them to share their story at a committee meeting.

Collect the following information:
- Name
- Numbers of years using tobacco products
- Number of years without using tobacco products
- Reasons for deciding to quit
- Quit method
- Challenges of quitting
- Encouragements/coping strategies for getting through difficulties
- Life after tobacco

Posters
Posters are available from your American Cancer Society. Contact your local staff partner to receive anti-tobacco or Great American Smokeout posters. Hang them around your community and ask local business to do the same (i.e. health clubs, salons, grocery stores, hospital, clinics, etc.) to increase awareness of the importance of quitting smoking.

Quick Facts
Share these facts at a committee meeting to raise awareness of the importance of quitting smoking and how to support smokers as they quit.
Quit Kits
Work with local businesses to get materials donated to create and distribute “quit kits” to those who turn in their cigarettes and make a commitment to quit smoking. A kit may include chewing gum, a pen, breath mints, pretzels, lollipops, and information from the American Cancer Society. Consider having a “quit station” in your community - at the mall, local health club, coffee shop, etc.

Quit Line
Smokers who have support are more successful at quitting smoking for good. Encourage smokers to call 1.800.227.2345 to receive information and support and to be connected to their state quitline. Smokers may also visit www.cancer.org/greatamericans and fill out a form to have someone from the American Cancer Society Quitline contact them.

Quiz
Distribute this tobacco quiz to other volunteers or community members to test their knowledge. Have a drawing for people that take the quiz. Don’t forget to share the correct answers!

Recipes
Many people are concerned that they will gain weight if they quit smoking. Focusing on a healthy diet and exercise can help. Consider making this healthy recipe for an upcoming potluck. Work with local restaurants to offer a special to those who are quitting smoking such as a “cold turkey” sandwich.

Support
The American Cancer Society Cancer Resource Network can help those who are interested in quitting smoking, supporting someone who is quitting smoking or have been touched by cancer. We are here to help with information, day-to-day help and emotional support 24 hours a day, seven days a week at www.cancer.org or 1.800.227.2345. Contact your local staff partner for materials to help promote the help available through the American Cancer Society.

Youth Challenges/Contests
Get youth involved in the Great American Smokeout. Work with your local schools to organize an event or challenge such as:
- an essay contest asking kids to write about why they choose not to smoke
- an advertising contest where kids can design anti-smoking ads, billboards or tv commercials and display them around the community or online
- a school assembly that features a cancer survivor (who had a smoking-related cancer) and/or an ex-smoker to share their stories and ask students to sign a pledge to quit smoking or never start.

Ask the school newspaper to cover tobacco issues including the harmful effects of smoking, marketing practices from the tobacco industry, cost of tobacco, how to support a smoker as they quit, etc.
E-mail Blasts

These e-mail blasts can also be used as newsletter inserts

E-mail Blast 1: Put Money Back in Your Wallet
We all know that smoking causes a range of health problems, but have you thought about the impact on your wallet? In 2009, the Federal Tobacco Tax Increase added another 62 cents to the price of each pack of cigarettes. This tax increase and the current economy may be just the extra motivation you need to finally quit for good. According to the Coalition for Tobacco Free Kids, a pack-a-day smoker, on average, will spend $1,808 on cigarettes each year. Click here to find out how much you already spend on cigarettes without the tobacco tax increase.

Beyond the extra savings on cigarettes, quitting smoking could also save you the cost of breath mints, cough drops and cleaning expenses for your clothes, home, and car. And on top of these savings, you and your family will benefit even more over time as you avoid the many medical costs from doctor visits and medications associated with the diseases and other health issues caused by smoking or by exposure to secondhand smoke.

It takes the average person 7-10 quit attempts to quit for good, but you can beat the odds by contacting the American Cancer Society. Put your money back in your wallet! Call 1-800-227-2345 24 hours a day, 7 days a week!
E-mail Blast 2: Double Your Chances of Quitting Tobacco
Quitting smoking isn’t easy, but it’s a fight you can win. By using one or more of the following ideas, you increase your chances of staying quit for good!

- **Self-Help Materials** are available to help you quit smoking, no matter where you are in the process. These materials can help you learn how to prepare for your quit attempt, develop strategies to cope with cravings, and prevent relapse once you have quit. The self-help materials offer proven methods that are easy to follow and can keep your motivation high.

- **Support Programs** can be found in a variety of forms – group smoking cessation programs, Internet resources, referral programs, or support groups. To learn about the options available in your community, contact the American Cancer Society at 1-800-227-2345 or visit [cancer.org](http://cancer.org).

- **Telephone Counseling** is a proven, confidential counseling method that will support and help you stay focused on your reasons for quitting.

- **Medication:** Nicotine Replacement Therapy (NRT) can relieve many of the nicotine withdrawal symptoms that occur when a person stops smoking. Prescription medicines like Bupropion (Zyban) and Varenicline (Chantix) can also help you quit. Using medication can double your chance of successfully quitting. Talk to your doctor about a strategy that might work for you.
E-mail Blast 3: Set a Quit Day: You Can Do It!

Are you planning to quit smoking? Research shows that if you pick a quit day in the next 30 days and stick to it, you’ll be more likely to stay quit. Here are some other ways to prepare for your quit day:

- Pick the date and mark it on your calendar.
- Tell friends and family of your quit day.
- Download the Quit Clock desktop helper from cancer.org/GreatAmericans. The Quit Clock allows you to plug in your quit day, then counts down to the selected day. Each morning, a new tip proven to help you quit comes up to help you prepare to stop smoking.
- Stock up on oral substitutes – sugarless gum, carrot sticks, and/or hard candy.
- Think back to your past attempts to quit. Try to figure out what worked and what did not work for you.

There is no one right way to quit. Quitting smoking is a lot like losing weight – it takes a strong commitment over a long period of time. Smokers may wish there was a magic bullet – a pill or method that would make quitting painless and easy but, unfortunately, there is nothing like that on the market. Nicotine substitutes can help reduce withdrawal symptoms, but they are most effective when used as part of a stop-smoking plan that addresses both the physical and psychological components of quitting smoking.
E-mail Blast 4: Your Quit Day is Coming

Your quit day is coming up. You may be nervous, but you can do it! Here are some ways to prepare:

- Download special “Take it Easy on Me. I'm Quitting Smoking.” stickers and cards from cancer.org/GreatAmericans and let your friends, family, and co-workers know what you’re going through and how they can help.

- Download the Craving Stopper from cancer.org/GreatAmericans. The Craving Stopper will give you encouragement and tips for 30 days to help you stay quit. You can even play a two-minute game to distract yourself – that's the time it takes for a craving to subside.

- Get rid of all the cigarettes and ashtrays in your home, car, and workplace.

- Decide on a plan. Will you use NRT or other medicines? Will you attend a stop-smoking class? If so, sign up now.

- Practice saying, "No thank you, I don't smoke."

- Set up a support system. This could be a group class, Nicotine Anonymous, or a friend or family member who has successfully quit and is willing to help you. Ask family and friends who still smoke not to smoke around you or leave cigarettes out where you can see them.

Remember, there is no one right way to quit – do whatever works for you!
E-mail Blast 5: Suggestions for Your Quit Day

Successfully quitting smoking is a matter of planning and commitment, not luck. Decide now on your own plan. Some options include using nicotine replacement, joining a stop-smoking class, going to Nicotine Anonymous meetings, and using self-help materials, such as books and pamphlets, or any combination of these methods. For the best chance at success, your plan should include one or more of these options.

On your quit day, follow these suggestions:

- Do not smoke – not even one puff!
- Keep active – try walking, exercising, or doing other activities or hobbies.
- Drink lots of water and juices.
- Begin using nicotine replacement if that is your choice.
- Attend stop-smoking class or start following a self-help plan.
- Avoid situations where the urge to smoke is strong.
- Reduce or avoid alcohol.
- Think about changing your routine. Use a different route to work, drink tea instead of coffee. Eat breakfast in a different place or eat different foods.
Newsletter Inserts

*These newsletter inserts can also be used as e-mail blasts.*

**Newsletter Insert 1: Five Keys for Quitting**

1. **Get Ready.**
   - Set a quit date.
   - Change your environment.
     - Get rid of ALL cigarettes and ashtrays in your home, car, and workplace.
     - Don’t let people smoke in your home.
   - Review your past attempts to quit – think about what worked and what didn’t.
   - Once you quit, don’t smoke – NOT EVEN A PUFF!

2. **Get Support and Encouragement.**
   Studies have shown that you have a better chance of being successful if you have help.
   - Tell your family, friends, and co-workers that you are going to quit and want their support. Ask them not to smoke around you, and ask them to put their cigarettes out of sight.
   - Inform your health care provider (i.e. doctor, dentist, nurse, pharmacist, psychologist, or smoking counselor) of your decision to quit.
   - Get individual, group, or telephone counseling. Programs are given at local hospitals and health centers. Call 1-800-227-2345 for information about programs in your area.

3. **Learn New Skills and Behaviors.**
   - Try to distract yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task.
   - When you first try to quit, change your routine. For example, use a different route to work.
   - Do something to reduce your stress – take a hot bath, exercise, or read a book.
• Plan to do something enjoyable every day.

• Drink a lot of water and other fluids.

4. Get Medication and Use it Correctly.
Medications can help you stop smoking and lessen the urge to smoke. The US Food and Drug Administration (FDA) has approved the following medications to help you quit smoking:

• **Available by Prescription** - Bupropion SR (Zyban), Varenicline (Chantix), Nicotine Inhaler, Nicotine Nasal Spray

• **Available Over-the-Counter** - Nicotine Gum, Nicotine Patch, and Nicotine Lozenge

Remember to ask your health care provider for advice and carefully read the information on the package.

5. Be Prepared for a Relapse or Difficult Situations.
Most relapses occur within the first three months after quitting. Don’t be discouraged if you start smoking again. Remember, most people try several times before they finally quit for good. Here are some difficult situations to watch for:

• **Alcohol** – When you drink alcohol it lowers your chances of success. It’s best to avoid drinking.

• **Other Smokers** – When you’re around people who smoke, it can make you want to smoke. It’s best to avoid them.

• **Weight Gain** – Many smokers gain weight when they quit, usually fewer than 10 pounds. Eat a healthy diet and stay active. Don’t let weight gain distract you from your main goal – quitting smoking. Some quit-smoking medications may help delay weight gain.

• **Bad Mood or Depression** – There are a lot of ways to improve your mood other than smoking.

If you are having problems with any of these situations, talk to your doctor or other health care provider.
Newsletter Insert 2: Helping a Smoker Quit: Do’s and Don’ts

General Hints for Friends and Family
Do respect that the quitter is in charge. This is his lifestyle change and his challenge, not yours.
Do ask the person whether he wants you to call or visit regularly to see how he is doing. Let the person know that it’s OK to call you whenever he needs to hear encouraging words.
Do help the quitter get what he needs, such as hard candy to suck on, straws to chew on, and fresh veggies cut up and kept cold in the refrigerator.
Do spend time doing things with the quitter to keep his mind off smoking – go to the movies, take a walk to get past a craving (what many call a “nicotine fit”), or take a bike ride together.
Do help the quitter with a few chores, some child care, cooking – whatever will help lighten the stress of quitting.
Do celebrate along the way. Quitting smoking is a BIG DEAL!
Don’t take the quitter’s grumpiness personally during his nicotine withdrawal. The symptoms usually pass in about two weeks.
Don’t offer advice. Just ask how you can help with the plan or program he is using.

If Your Smoker “Slips”
Don’t assume that he will start back smoking like before. A “slip” (taking a puff or smoking a cigarette or two) is pretty common when a person is quitting.
Do remind the quitter how long he went without a cigarette before the slip.
Do help the quitter remember all the reasons he wanted to quit, and to forget about the slip as soon as possible.
Don’t scold, nag, or make the quitter feel guilty. Be sure the quitter knows that you care about him whether or not he smokes.

If Your Smoker Relapses
Research shows that most people try to quit smoking five to seven times before they succeed. If a relapse happens, think of it as practice for the time he will succeed. Don’t give up your efforts to encourage and support your loved one. If the person you care about fails to quit:
Do praise him for trying to quit and for whatever length of time (days, weeks, or months) of not smoking.
Do encourage him to try again. Don’t say, “If you try again ...” say, “When you try again...” Studies show that most people who don’t succeed in quitting are ready to try again in the near future.
Do encourage him to learn from the attempt. Things a person learns from a failed attempt to quit may help him be successful in a future attempt. It takes time and skills to learn to be a non-smoker.
Do say, “It’s normal to not succeed the first time you try to quit. Most people understand this and know that they have to try to quit again. You didn’t smoke for two
whole weeks this time. You got through the worst part. Now you know you can do that much. Now that you know you can get through the worst part, you can get even further next time.”

**If You Are a Smoker**

**Do** smoke outside and always away from the quitter.

**Do** keep your cigarettes and matches out of sight – they might be triggers for your loved one to smoke.

**Don't** ever offer the quitter a smoke, even as a joke!

**Do** join your friend in his effort to quit. It’s better for your health and might be easier to do with someone else who is trying to quit!
Quick Facts

- There has never been a better time to quit smoking.
- People who quit smoking, regardless of age, live longer than those who don’t quit.
- Smokers who quit before age 50 cut their risk of dying in the next 15 years in half, compared with those who continue to smoke.
- Cigarette smoking is by far the most important risk factor for lung cancer, accounting for 87 percent of lung cancer deaths and at least 30% of all cancer deaths.
- Lung cancer is the leading cause of cancer death in the U.S. for both men and women, accounting for 28% of all cancer deaths.
- In 2009, it is estimated that more than 219,440 people will be diagnosed with lung cancer, and more than 159,390 people will die from the disease.
- The chance that a man will develop lung cancer in a lifetime is 1 in 13. The chance that a woman will develop lung cancer is 1 in 16.
- Lung cancer will account for about 15% of all new cancer diagnoses.
- Smoking is associated with increased risk of at least 15 different types of cancer.
- All four states in the Midwest Division have passed laws that require 100% smoke-free workplaces and/or restaurants and/or bars. *Note: Wisconsin and South Dakota laws have not been implemented yet.*
Great American Smokeout Quiz

Test your knowledge about tobacco and the benefits of quitting smoking. You just may see why there’s never been a better time to quit – you can help create a world with less cancer and more birthdays!

1. Currently, approximately ____ of the US population is covered by a smoke-free policy or provision in workplaces and/or restaurants and/or bars.
   a. 69%
   b. 40%
   c. 55%
   d. 82%

Answer: a, 69%

2. True or False? Each year, about 3,400 nonsmoking adults die of lung cancer as a result of breathing secondhand smoke.

Answer: True

3. Within ____ after quitting, the carbon monoxide level in your blood drops to normal.
   a. 12 hours
   b. 24 hours
   c. 36 hours
   d. 48 hours

Answer: a, 12 hours

4. True or False? In 43 states the majority of adults (50% or more) who ever smoked have now quit smoking.

Answer: True

5. In the United States, tobacco use is responsible for nearly ___ in ____ deaths.
   a. 1 in 5
   b. 2 in 5
   c. 1 in 3
   d. 1 in 2

Answer: a, 1 in 5
6. True or False? Smoking-related diseases remain the world’s most preventable cause of death.

Answer: True

7. True or False? Smokers who quit can expect to live as many as 5 years longer than those who continue to smoke.

Answer: False – Smokers who quit can expect to live as many as 8 years longer.

8. Cigarettes, cigars, smokeless tobacco, and pipe tobacco consist of dried tobacco leaves, as well as ingredients added for flavor and other properties. More than 4,000 individual compounds have been identified in tobacco and tobacco smoke. Among those 4,000 individual ingredients, more than _____ compounds are known carcinogens (cancer-causing agents).

   a. 60
   b. 90
   c. 120
   d. 400

Answer: a, 60

9. True or False? Experts estimate that the 2009 cigarette tax increases will prevent more than 900,000 smoking-related deaths

Answer: True

10. What is the average cost of a pack of cigarettes in the United States?

   a. $3
   b. $5
   c. $7
   d. $10

Answer: b, $5
Greek Chicken and Tzatziki Pitas
Packaged “thinly sliced” chicken breasts are now available at most supermarkets. These cutlets cook in a jiffy and fit snugly in a pita pocket for lunch or a light dinner. If they aren’t available, slice regular breasts lengthwise to make even, easy-to-grill cutlets.

Serves 4
Prep time: 30 minutes or less
Total time: 30 minutes or less

Ingredients
- 1 tablespoon olive oil
- 1 tablespoon plus 1 teaspoon lemon juice, divided
- 3 garlic cloves, minced, divided
- 1 teaspoon dried oregano
- 4 “thinly sliced” boneless, skinless chicken breasts or 2 boneless, skinless chicken breasts, sliced lengthwise
- 1 (6-ounce) container nonfat plain yogurt
- 1/2 cucumber, peeled, seeded, and chopped
- 2 to 3 shakes hot sauce, such as Tabasco, or to taste
- 1 tablespoon chopped fresh dill
- Fresh lemon juice
- Salt and freshly ground black pepper
- 4 lettuce leaves
- 1 tomato, sliced
- 2 (6- to 7-inch) whole wheat pitas, halved

Directions
- In a shallow plate, combine oil, 1 tablespoon lemon juice, 2 minced garlic cloves, and oregano. Add chicken, turning to coat, and marinate for 15 minutes.
- In a bowl, combine yogurt, cucumber, hot sauce, dill, and the remaining garlic and 1 teaspoon lemon juice. Season with salt and pepper.
- Preheat a lightly oiled grill to medium-high.
- Remove chicken from marinade and sprinkle with salt and pepper. Grill chicken for two to three minutes per side, or until cooked through.
- Divide lettuce and tomato in pita halves. Add chicken and top with sauce.

Tzatziki is a yogurt- and cucumber-based sauce. To add a little zing, chop up some pepperoncini and Kalamata olives and add to sauce.

Nutritional Information (Per Serving): Calories: 250; Calories from Fat: 55; Total Fat: 6 g; Saturated Fat: 1.2 g; Trans Fat: 0 g; Polyunsaturated Fat: 1.2 g; Monounsaturated Fat: 2.8 g; Cholesterol: 70 mg; Sodium: 160 mg; Total Carbohydrate: 21 g; Dietary Fiber: 2 g; Sugars: 5 g; Protein: 30 g
Black Bean and Butternut Squash Chili
This autumnal stew is reminiscent of the bright red, orange, and golden hues of the leaves when butternut squash is in season. Loaded with nutritious and fiber-full veggies and beans, this comforting chili fills you up without weighing you down.

Serves 6
Prep time: 30 minutes or less
Total time: 1 hour or less

Ingredients
- 1 tablespoon canola oil
- 2 garlic cloves, minced
- 1 onion, chopped
- 1 red bell pepper, seeded and chopped
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 5 cups peeled, seeded butternut squash, cut into 1-inch pieces
- 1 (141/2-ounce) can vegetable broth or reduced-sodium chicken broth
- 1 (10-ounce) can diced tomatoes with chiles, such as Ro*Tel
- 1 (15-ounce) can no-salt-added corn, drained
- 1 (15-ounce) can black beans, rinsed and drained
- Salt and freshly ground black pepper

Directions
- In a large stockpot over medium heat, add oil. Sauté the garlic, onion, and bell pepper for 8 to 10 minutes, or until softened.
- Add chili powder, cumin, and oregano and stir to combine.
- Add squash, broth, and tomatoes and their juice and bring to a boil, stirring to combine.
- Reduce the heat, cover, and simmer for 20 minutes, stirring occasionally.
- Add corn and beans and simmer for 5 to 10 minutes, or until the squash is tender, stirring occasionally. Season with salt and pepper.

Nutritional Information (Per Serving): Calories: 190; Calories from Fat: 35; Total Fat: 4.0 g; Saturated Fat: 0.4 g; Trans Fat: 0.0 g; Polyunsaturated Fat: 1.5 g; Monounsaturated Fat: 1.8 g; Cholesterol: 0 mg; Sodium: 555 mg; Total Carbohydrate: 35 g; Dietary Fiber: 9 g; Sugars: 11 g; Protein: 7 g
Braised Red Cabbage and Apples

Red cabbage is always a colorful addition to any meal, as well as being a good source of antioxidants and vitamins A and C. Cruciferous vegetables—a group that includes cabbage, broccoli, cauliflower, Brussels sprouts, and kale—have compounds thought to reduce the risk of colon cancer. Include these, along with other vegetables, on your weekly shopping list.

Serves 8 to 10
Prep time: 15 minutes or less
Total time: 45 minutes or less

Ingredients

- 2 teaspoons canola oil
- 1 head red cabbage, quartered, cored, and thinly sliced
- 3 Granny Smith apples, peeled, cored, and chopped
- 1/2 cup orange juice or water
- 2 tablespoons cider vinegar
- 2 tablespoons light brown sugar, or to taste
- Salt

Directions

- In a large skillet or stockpot over medium heat, add oil. Sauté the cabbage and apples for 3 to 5 minutes.
- Add juice, vinegar, and sugar and sauté until cabbage begins to wilt.
- Cover and cook for 20 to 30 minutes, or until the cabbage is tender and the apples are soft, stirring occasionally.
- Season to taste with salt.

Nutritional Information (Per Serving – For 8 Servings): Calories: 85; Calories from Fat: 15; Total Fat: 1.5 g; Saturated Fat: 0.1 g; Trans Fat: 0.0 g; Polyunsaturated Fat: 0.5 g; Monounsaturated Fat: 0.7 g; Cholesterol: 0 mg; Sodium: 15 mg; Total Carbohydrate: 18 g; Dietary Fiber: 3 g; Sugars: 15 g; Protein: 2 g

This information is provided by your American Cancer Society.