

# Nutrition Notes

SPRING-SUMMER 2022

**Area Agency on Aging District 7, Inc.**

*Serving Adams, Brown, Gallia, Highland, Jackson, Lawrence,  
Pike, Ross, Scioto and Vinton Counties in Ohio*

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## Hydration Station

Dehydration can occur out of the blue, especially during the hot summer months. Did you know that as you age, the need for thirst diminishes? Yep! That's right! Your body may need water but you don't even realize it. Water is important for almost every bodily function, from helping to keep your joints mobile to pumping blood. This is why it is especially important to follow the general recommendation of 8 cups of water daily, unless otherwise instructed by your doctor. And of course, always watch out for early symptoms of dehydration including dry mouth, fatigue, dizziness, and muscle cramping.



## The Power of Powdered Milk

Powdered milk has a similar nutrition profile as regular milk, but with a better shelf life and cheaper price tag. As it provides a source of protein, calcium, vitamin D, and vitamin A – it's bone building qualities are top notch! Adding it to recipes adds extra calories and protein, which is especially important for those looking to gain weight or who need extra protein due to certain health conditions.

Powdered milk is a great staple to keep on hand, especially if getting to a grocery store is not an easy task. Always pay attention to "nonfat" versus "whole" powdered milk options. If you are looking to add extra calories to gain weight, choose the "whole" option. On the other hand, if you are simply wanting to keep on hand to prepare but also aren't looking to add extra fat to your diet, stick with the "nonfat" option. If lactose-intolerance is an issue for you, make sure to look for powdered milk options labeled "lactose free".

When buying powdered milk at the grocery store, look for it in the dry goods, or baking, section rather than the dairy aisle. For the best price, compare all options available and pay attention to the unit price, which tells how much it costs for the same amount of milk in different sized packages. Typically, the larger the package, the more cost efficient the product is.

Powdered milk should be stored in a cool, dry place for up to one year. Once opened, powdered milk can be stored



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## **Powdered Milk...continued from Page 1**

in an airtight container for up to three months, or up to three years in a freezer. Once prepared into fluid milk, keep for five to seven days in the refrigerator, or up to three months in the freezer.

So, what can you do with powdered milk?

### **ADD IT!**

- o It can be added to baked goods that call for regular milk. For items such as biscuits, pancakes, hot chocolate mix, waffles, or muffins, replace the fresh milk with the powdered milk equivalent, which is usually 1/3 cup of powdered milk for every 1 cup fresh milk. Premixing the powdered milk in with the dry ingredients and storing in an airtight container for up to one month allows for a quick breakfast or snack. Just remember, always add the water to the wet ingredients when preparing to bake.

### **COOK IT!**

- o When cooking, it can be used in any recipe that calls for fresh milk. Some examples include:
  - o Macaroni and Cheese
  - o Bread or Rice Pudding
  - o Homemade or canned low-sodium soups
  - o Hot cereals such as oatmeal or cream of wheat
  - o Scalloped or mashed potatoes
  - o Milk-based sauces or casseroles

### **DRINK IT!**

- o To make fluid milk from powdered milk, mix the powder with water according to package directions. Prepare the night before so it is well chilled.
- o To take it up a notch, mix one-part 2% milk with one-part mixed powdered milk.
- o For a little extra flavor, add vanilla extract or cocoa powder.

### **BOOST WITH IT!**

- o Add a tablespoon of powdered milk to recipes such as pasta sauces, soups, smoothies, and casseroles to add extra protein, vitamins, and minerals

*Adapted from: <https://www.unlockfood.ca/en/Articles/Cooking-Food-Preparation/All-about-skim-milk-powder.aspx>*



## **Add in some easy ways to increase water intake:**

- o Add flavor to your water like fresh or frozen fruit, or even a splash of fruit juice to jazz it up.
- o Keep it in plain site - remember, out of sight equals out of mind!
- o Use a reusable water bottle and set a daily goal.
- o Set a reminder to drink every so often.
- o Switch it up with some carbonated water.
- o Keep bottles in multiple areas around the house.

# Uses for Dried Milk

## Sour Cream

Simply mix 1/3 cup dry milk with 3/4 cup plain yogurt to replace sour cream. This works great for low-fat dip. If you're planning to bake with it, add 1 teaspoon cornstarch to stabilize the yogurt.

## Regular Milk

Whenever a recipe calls for 1 cup of regular milk, simply mix 1/3 cup of dry milk in with the dry ingredients and 1 cup water in with the wet.

## Evaporated Milk

Mix 1/3 cup dry milk with 1/2 cup water. This replaces a small (5 oz.) can of evaporated milk.

## Sweetened Condensed Milk

Mix 1/3 cup dry milk and 1/2 cup cold water. Microwave until hot and steamy then add 1/2 cup sugar. Let stand in refrigerator four (4) hours. This replaces a 13 oz. can.

## White Sauce

Mix 1/3 cup dry milk, 3 teaspoons melted butter and 3 Tablespoons flour to form a paste. Slowly add 1 cup water or milk and whisk until smooth. You may add onions, cheese, mushrooms, etc. and serve over pasta.

## Hot Chocolate Mix

Mix one 24 oz. box of dry milk with 1 cup non-dairy creamer, 2 cups of powdered sugar, and one 16 oz. container instant chocolate drink mix and store in a large, tightly sealed container. Then mix about 1/2 cup with 1 cup boiling water for delicious hot chocolate.

## Biscuits

- 2 c white flour
- 2 tsp baking powder
- 4 Tbsp shortening
- ½ tsp salt
- ¾ c milk (¼ c powdered & 1 c water)



1. Preheat oven to 425 degrees.
2. Combine all dry ingredients (including milk powder).
3. Cut in shortening.
4. Add water gradually until dough is soft.
5. Knead for about 30 sec.
6. Shape and bake 12-15 min at 425 degrees.

\*Yields 8 biscuits



# Summertime Fun

Find these words:

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GARDEN

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SUNSHINE

BONFIRE

PICNIC

LEMONADE

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S E B A R B E C U E  
S L L E M O N A D E  
E O S U N S H I N E  
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## Summer Squash Saute

- 1.5 tablespoons olive oil
- 1 large yellow squash, chopped
- 1 large zucchini, chopped
- 3 cloves garlic, chopped
- 1 cup grape tomatoes
- 2 teaspoons Italian seasoning
- Salt, to taste
- 1/8 teaspoon crushed red pepper, if desired
- 2 tablespoons Parmesan cheese



1. Heat olive oil in large skillet on medium-high heat. Add yellow squash and zucchini, sprinkle with Italian seasonings, and cook for 3 minutes, stirring occasionally.
2. Add in the garlic and tomatoes and cook for 2 to 3 minutes, gently stirring, or until vegetables are crisp-tender and tomatoes are about ready to burst.
3. Season with salt and crushed red pepper. Sprinkle with Parmesan cheese. Serve immediately.