

# Nutrition Notes

SPRING/SUMMER 2020

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

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

[www.aaa7.org](http://www.aaa7.org) **Helping You Age Better!**



## Grocery Shopping for Great Meals

Having a delicious dinner each evening at home begins with a plan. Ideally, you should start by taking an inventory of the foods in your pantry, refrigerator and freezer. Consider these foods and develop a menu or two around the foods in your stockpile. Think about what foods you need to complete the meal then start a grocery list with the missing items. A week of menus will give you a springboard for your grocery list. Additionally, you will want to restock any foods that are lacking in your inventory.



You may need to consider substituting usual purchases with products that are available at your grocery store. If you are limiting trips to the store, there are several options to pursue. (Besides the choice of having groceries delivered.) Purchase canned products as these will be available for use much longer than fresh items. Canned meats, beans, soups, fruits and vegetables will meet that need nicely. Frozen foods are an excellent choice if you have the freezer space for them. Try frozen entrees, meats, fruits and vegetables. Frozen foods can help make up for not having fresh produce readily available. For long lasting, fresh produce select items such as potatoes, sweet potatoes, onions, carrots, celery, squash, cabbage, apples, oranges and melon. Healthy dairy selections include yogurt, cheeses, cottage cheese and evaporated milk. Fresh milk can be frozen, just place in a container that will allow for the expansion of freezing. Grains and starches are easily kept for longer periods of time. These items include flour, oatmeal, bread, muffins, pasta, cereal, rice, quinoa and crackers. Lastly, treat yourself to a few snacks as well, such as granola, trail mix, cookies and pudding.

Making delicious meals is possible. By taking inventory, making a menu, compiling a grocery list and smart shopping you will be on your way to many successful and nourishing meals.

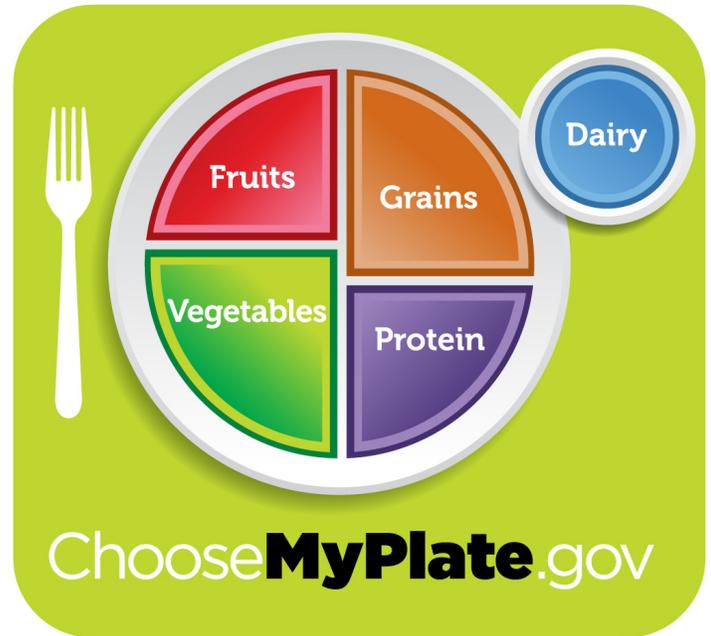
# Eating Well

## VEGETABLES

### *Vary Your Vegetables*

Make half your plate fruits and vegetables.

Select vegetables with more potassium often, such as white potatoes, sweet potatoes, white beans, tomato products, beet greens, soybeans, lima beans, spinach, lentils and kidney beans.



## FRUITS - *Focus on Fruits*

Make half your plate fruits and vegetables.

Color your plate! Fill it with red, yellow, orange, blue and purple fruits.



## GRAINS - *Make at Least Half Your Grains Whole*

Just because bread is brown doesn't mean it's whole grain. Check the ingredients list to be sure the first word is "whole".



## PROTEIN - *Go Lean with Protein*

Eat lean meat, chicken and turkey. Ask for it baked, broiled or grilled - not fried.

Mix it up! Beans, peas, nuts, seeds, fish and eggs are all great sources of protein, too.



## DAIRY - *Get Your Calcium-Rich Foods*

Look at the carton or package to make sure your milk, yogurt or cheese is fat-free or low-fat (1%).

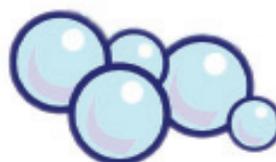
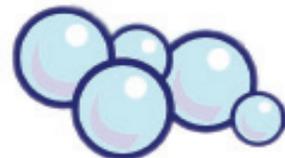
Calcium builds strong bones. If you can't have milk products, choose other calcium sources like fortified soy milk.



# Stop Germs! Wash Your Hands!

## WHEN?

- After using the bathroom.
- Before, during and after preparing food.
- Before eating food.
- Before and after caring for someone at home who is sick with vomiting or diarrhea.
- After changing diapers or cleaning a child who has used the toilet.
- After blowing your nose, coughing or sneezing.
- After touching an animal, animal feed, or animal waste.
- After handling food or pet treats.
- After touching garbage.



## HOW?

**WET** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

**LATHER** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

**SCRUB** your hands for at least 20 seconds. Hum the “Happy Birthday” song from beginning to end twice.

**RINSE** hands well under clean, running water.

**DRY** hands using a clean towel.



## Broccoli Apple Salad *Prep Time: 10 minutes • Serves: 6 (1-cup servings)*

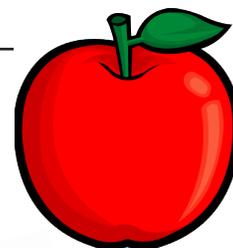
*A bit of hot pepper sauce adds pizzazz to the coleslaw dressing on this robust salad made with fresh broccoli, apple, red onion and bacon.*

### Ingredients

- 4 cups cut-up fresh broccoli
- 1 large apple, core (or tough center) removed and cut into 1/2-inch pieces
- 1/4 cup chopped red onion
- 1/2 cup reduced-fat creamy coleslaw dressing
- 1/8 teaspoon bottled hot pepper sauce
- 2 tablespoons fully-cooked bacon bits

### Directions

1. In large bowl, toss together broccoli, apple and onion.
2. In small bowl, stir together coleslaw dressing and pepper sauce.
3. Drizzle dressing mixture over broccoli mixture. Stir until combined.
4. Sprinkle bacon bits on top.



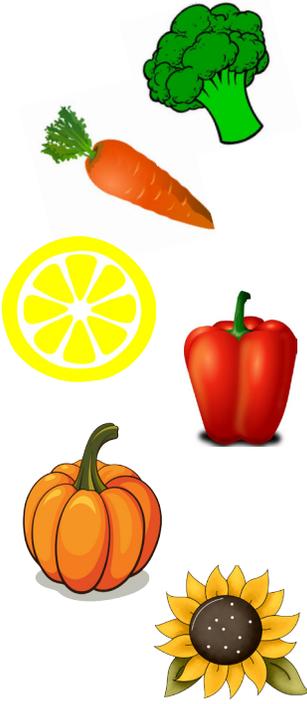


# Puzzle Time - Word Find!

Find these words:

- ALMONDS
- ARUGULA
- BAKED BEANS
- BRAZIL NUTS
- BROCCOLI
- CARROTS
- GARLIC
- GRAPEFRUIT
- KALE
- LEMONS
- LIMES
- ORANGES
- POMEGRANATE
- PUMPKIN SEEDS
- RED BELL PEPPER
- SPINACH
- SUNFLOWER SEEDS
- SWEET POTATOES
- TART CHERRIES
- TURMERIC
- WALNUTS

H C A N I P S S Z Q T S N S T  
 I C I R E M R U T W T U T E T  
 O R A N G E S N D U Q Q I O A  
 S T O R R A C F N R C E U T R  
 R E P P E P L L E B D E R A T  
 S N O M E L I O L I F B F T C  
 E K L M K Z R W I E Z R E O H  
 E T A N A R G E M O P O P P E  
 S G A R L I C R E C F C A T R  
 D V B O F P R S S C Q C R E R  
 N B A K E D B E A N S O G E I  
 O L C G A K C E Y L Q L B W E  
 M Z C R A B T D H P B I V S S  
 L W A L N U T S A R U G U L A  
 A J E P U M P K I N S E E D S



## Cranberry Pork Roast

Prep Time: 15 minutes • Cook Time: 8 to 9 hours on low or 4 to 4 1/2 hours on high • Serves: 6

The delicious sauce served with this slow-cooked pork roast may be simple, but there is nothing plain about it. Cranberry sauce lends a tangy liveliness to it.

### Ingredients

- 1 tablespoon vegetable oil
- 1 boneless pork shoulder roast (2 1/2 to 3-pound)
- 1 package (16 oz.) frozen mixed carrots, onions, potatoes and celery (or any package of frozen vegetables you have on hand)
- 1 can (14 oz.) whole berry cranberry sauce
- 3/4 cup bottled chili sauce or ketchup
- 1 tablespoon Worcestershire sauce



### Directions

1. In large skillet, heat oil over medium-high heat.
2. Add pork roast to skillet. Quickly cook until roast is browned on all sides, turning as necessary. (Meat will not be cooked through.)
3. Place roast in 3 1/2 to 4-quart slow cooker.
4. Pour frozen vegetables on top of meat.
5. In small bowl, stir together cranberry sauce, chili sauce (or ketchup) and Worcestershire sauce.
6. Pour cranberry mixture over meat and vegetables in slow cooker.
7. Cover and cook on low heat setting for 8 to 9 hours or on high heat setting for 4 to 4 1/2 hours.
8. Transfer meat and vegetables from slow cooker to a serving platter. Cover meat and vegetables to keep warm.