

# NUTRITION

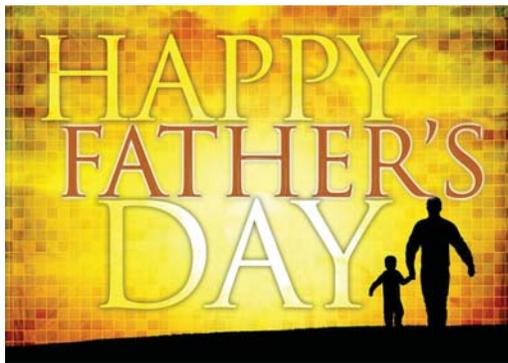
Notes



Senior Services  
OF WICHITA

June, 2016

Published monthly for the clients of Meals on Wheels and Roving Pantry



The Meals on Wheels Program wishes all fathers a:  
Happy Father's Day on June 19th

## Summer Changes!

Starting mid-June, Meals on Wheels has to **stop the delivery of the carton of milk.** During the hot summer months, we cannot keep the milk cold enough during delivery. We do not want to risk your health and safety by serving milk that could be warm enough to cause food poisoning. The milk alternative will be shelf stable milk or a calcium fortified juice. These will be alternated throughout the summer months.

As a result of your favorable responses last summer we will begin serving our summer menu items. These include cold meals, salads and more sandwiches. Let us know if you enjoy these changes since we change the menu monthly to reflect the comments we receive! Call 267-0122 with your comments.

## Important Reminder

Meals on Wheels is reimbursed only for meals delivered to people who qualify. If you are in the hospital or anywhere else and you let a family member, spouse or anyone else eat your meal, then the meal program will be at risk for billing meals to people who don't qualify. Please call when you will not be home between 10-1.

### **Elder Abuse Awareness Day JUNE 15TH**

9:00 a.m.-1:00 p.m.

Sedgwick County Extension Office  
7001 W. 21st North

Free sack lunch and door prizes.

Panel Presenters: Sheriff Jeff Easter,  
Assistant District Attorney and  
Wichita Police Department  
Financial Crimes Division

### **POSITIVE AGING**

### **Protect Your Health, Wealth and Self JUNE 21st**

8:30 a.m. - 3:00 p.m.

Sedgwick County Extension Office  
7001 W. 21st North

Cost: \$10.50 per person

Included in the cost: continental breakfast,  
a boxed lunch, access to 40 vendors and a  
choice of 5 out of 20  
educational workshops.

---

# Summer Fruits And Vegetables

By Diane Greenleaf-Kisner, MS, RDN, LD, CDE

It's that time of year for gardens to be producing a lot of homegrown produce. Whether it's a garden container in your backyard or a visit to the farmer's market, fresh produce gives us a great mix of nutrients. The brighter the color of produce, the better. By eating a variety of colors you can provide your body with a combination of vitamins, antioxidants and phytochemicals that can ward off disease, slow the aging process and enhance overall health.

## Red -

Choose red bell peppers, cherries and tomatoes. Red bell peppers contain lutein that is very helpful to the eyes. Cherries eaten an hour before bed can help boost melatonin levels and help you fall asleep faster. Tomatoes are a great source of lycopene to decrease your risk of cancer. They are also a great source of potassium and vitamin C.

## Yellow -

Choose corn, pineapple and bananas. Corn contains a phytochemical that helps to decrease your risk of lung cancer. Pineapples contain a great enzyme that helps to decrease muscle soreness and provides manganese which helps the body to get rid of cancer causing free radicals. Bananas are another great source of potassium. Potassium is lost when we sweat, so eating a banana a day can replace the potassium lost in sweat. Potassium helps to regulate blood pressure and decreases your risk of heart disease.

## Orange -

Carrots, cantaloupe and sweet potatoes are the brightest sources of orange. Sweet potatoes give us vitamin A for younger looking skin and another great source of



potassium. Cantaloupe is a delicious source of vitamin C for infection fighting. A daily carrot may keep the doctor away; one a day can decrease your risk of a heart attack.

## Green -

Broccoli, spinach and limes are three bright greens. Broccoli is one of the power foods containing vitamin C, potassium, plus a compound that helps reduce inflammation from UV rays. Spinach is packed with vitamin K, which helps the blood to clot and is a good plant source of calcium. Limes are packed with cancer fighting properties.

## Purple and Blue -

Blueberries are the ultimate brain food. These can help decrease your risk of dementia and Alzheimer's. Daily intake can also reduce your risk of developing Parkinson's disease. Beets are colored by betalain which helps flush the toxins from the body.

Try some new fruits and vegetables each week. This year I've planted broccoli, eggplant, zucchini, tomatoes, lettuce, carrots, cabbage, peppers and snap peas. I have tomatoes on the vine, a very small eggplant and we have picked lettuce for a very fresh salad.

---

## Container Gardens

Mobility issues, back problems and arthritis often affect a senior's ability to enjoy gardening. Gardens can help stretch a food budget and they also provide a low stamina, easy form of exercise. In addition, the vegetables grown in them have great health benefits. Seniors can continue gardening with an accessible type of gardening called container gardening.

Vegetables grown in a container usually do better in full sun or at least 6 hours of direct sun a day. It's also important to remember that an open spot with air circulation is necessary for tomatoes, peppers, and other plants that can get diseases. However, where it gets hot during the day be cautious about setting your vegetable container on a concrete patio which may cause the roots of your plants to get too warm. It might be helpful to put larger containers on moveable casters or on a cart. If bending is a problem, plant stands can be used to hold containers. Try to place your containers so that they are not in a very windy location

There are a few basic requirements for a garden container. It must be large enough to hold the plant and have drainage holes so excess water can escape. For beginners, a bigger pot is better because large pots hold more soil and they'll hold moisture longer so you don't have to water as much. Terra-cotta or clay pots are porous so plants in them will need more watering. Avoid containers made of treated wood as they may contain chemical compounds that could be absorbed by your vegetables. Baskets, window boxes, planters or large containers like 5-gallon buckets will work as a garden container. Vining vegetables like beans and cucumbers do better in containers 20 inches or more across. Standard-size tomatoes and peppers need pots at least 16 inches in diameter. Also remember that dark colored pots absorb heat which will



make the soil too warm for some vegetable crops in summer. A variety of vegetables grow well in containers. These include cabbage, carrots, cucumbers, green beans, lettuce, onions, peas, peppers, radishes, tomatoes and squash. Try a container garden and enjoy fresh vegetables all summer!

## Summer Safety Tips

- Lock all doors and windows.
- Keep garage doors down even when you're working in the yard.
- If you leave a window open for ventilation, make sure you have a lock or put a nail in the window frame so a thief can't get it open.
- Use outdoor lights since they discourage burglars.
- Leaving car windows open and convertible tops down encourage theft of your vehicle or belongings.
- Beware of deception burglaries- criminals usually work in pairs and pose as workers from the gas, water, or cable company or as an inspector or home maintenance worker. One distracts the homeowner while the other sneaks into the home. In another scam, the criminal poses as a neighbor's friend who needs pen and paper to leave a note.
- Beware of home improvement scams- these criminals knock on doors or drive through neighborhoods looking for people to approach. They offer a "good deal" for an immediate job.

## Memorials

Daniel L. Schuster  
Betty Jean Scruggs  
June Ast  
Elizabeth "Libby" Erickson

Meals are delivered between 10 a.m. - 1:00 p.m.  
Please be home or call 267-0122.

Suggested donation:  
 \$10.00 monthly

## JUNE, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Herbed Chicken Parsley Potatoes Veggie Blend Hearty Dinner Roll Rosy Applesauce	2 Lasagna Italian Green Beans Garlic Bread Mandarin Oranges with Whip Cream	3 BBQ Ribbette on Hoagie Bun Cheesy Potatoes Coined Carrots Fresh Fruit Cup
6 Tuna Salad on Romaine Lettuce Whole Grain Crackers Marinated Tomatoes with Mozzarella Veggie Sticks & Dip Fresh Berries	7 Chicken and Dumplings Pearled Onions & Peas Biscuit Cinnamon Apple Slices	8 Pizza Burger Parmesan Roasted Potatoes Steamed Broccoli Fresh Grapes	9 Dijon Pork Cutlet Brown Rice Steamed Zucchini Wheat Dinner Roll Apricots	10 <u>New - Turkey.</u> <u>Spinach.</u> <u>Cranberry Roll-Up</u> Garden Salad with Dressing Pretzel Chips Fresh Fruit Cup
13 French Toast Sticks Sausage Links Sweet Potato Tots Cauliflower Strawberries & Cream	14 Hawaiian Quesadilla Lettuce/Tomato Broccoli Salad Pineapple	15 Peach Glazed Turkey Medallions over Wild Rice Pilaf Steamed Veggies Cherry Crisp	16 Meatloaf Mashed Potatoes with Brown Gravy French Green Beans Wheat Dinner Roll Peaches	17 Mini Corn Dogs Baked Beans Coined Carrots Muffin Fresh Fruit Cup
20 Smothered Steak Creamed Peas and Potatoes Hearty Dinner Roll Plums	21 Chicken Spaghetti Asparagus Cuts Mini Croissant Romaine Salad with Dressing Fruit Compote	22 BBQ Pulled Pork Sweet Potato Mash Brussel Sprouts Oat Bran Muffin Fresh Fruit	23 Oven Fried Chicken Roasted New Potatoes Glazed Carrots Biscuit Fruited Jello	24 Crunchy Fish Taco Pineapple Salsa <u>New-Asian Slaw</u> Sweet Corn Tropical Fruit Salad Brownie
27 Chicken Salad on Croissant Cucumber Salad Watermelon Cubes Oatmeal Cookie	28 Taco Salad with Refried Beans Mexican Rice Salsa Fresh Pineapple	29 Polish Sausage with Tri Colored Peppers Au Gratin Potatoes Summer Veggies Strawberries and Bananas Whole Grain Dinner Roll	30 Sweet and Sour Meatballs Fried Rice Stir-Fry Veggies Muffin Mandarin Oranges	New items or recipes are underlined on the menu.

IF YOU DO NOT EAT YOUR MEAL WHEN IT ARRIVES-----REFRIGERATE IMMEDIATELY