

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



Get A Taste For Eating Smart And Moving More

A balanced snack can make all the difference in how hungry you feel. All it takes is some lean protein balanced with nutrient-rich carbohydrates from whole grains, fruits or vegetables. Pack at least one super snack into your day and you'll get an energy boost, long-lasting satisfaction and the nutrients your body needs to stay strong and healthy.

1. Oatmeal with low-fat milk: All it takes is one minute to heat up a bowl of wholesome nutrients and fiber in the microwave.
2. Vanilla yogurt with berries: Take one cup of yogurt and stir in a half cup of blueberries, raspberries or strawberries (frozen or fresh).
3. Nuts and dried fruit: Start with a small handful of nuts and add your favorite dried fruit (raisins, apricots or apples).
4. Cheddar cheese and an apple: Combine creamy and crunchy, with an ounce of sharp cheese and a crisp apple for tartness.
5. Beef jerky and pea pods: With teriyaki jerky (1-2 ounces), this low-fat treat will taste like a Chinese take-out mini meal.
6. Turkey on multi-grain bread: A slice of turkey, a slice of whole grain bread, some lettuce and tomato and your favorite mustard.
7. Peanut butter on bananas: Whether you like creamy or crunchy, a tablespoon or two of peanut butter makes this a perfect snack for kids of all ages.
8. Cottage cheese and fruit: Juice-packed, canned fruit goes great with a half cup of

cottage cheese. Try pineapple, peaches or pears.

9. Cheese stick and tomatoes: Enjoy a mozzarella cheese stick with cherry or grape tomatoes.

10. Salad with sunflower seeds: Sprinkle a tablespoon of crunchy seeds on salad greens and dress lightly with olive oil and vinegar.

11. Wheat wrap with cheese: Pick a slice of your favorite cheese and roll it up in a whole wheat tortilla or other flavored wrap.

12. Microwave bean soup: Instant soups (or beans and rice combos) make quick snacks.

Pantry Protocol

To speed up our service to you, please **have your grocery orders ready on your assigned day**. Our goal is to deliver quality service to all our clients. If you ever have a problem with your order or suggestions to improve our service, please **call us at 267-4378**. Please note: All returned checks will be charged a \$15 service charge. Please send your coupons to us with your driver. We will use them to help all of our clients save money on their orders.

If an emergency arises AFTER you have placed your order, and you know you will not be home to receive your order, please call Dillon's at 681-6830 and leave me a message the day or night BEFORE your scheduled delivery day.

Thank you for your assistance.

-Opal Smith

Recipe of the Month: Garden Fresh Subs

1/2 cup dairy sour cream
1 teaspoon dried mixed salad herbs
1/8 teaspoon garlic salt
2 individual French rolls, split
2 lettuce leaves
2 slices salami
2 slices sharp American cheese
1 slice Swiss cheese, halved crosswise
1 small tomato, peeled and sliced
1/2 small cucumber, thinly sliced (1/2 cup)
1/2 small green pepper, sliced crosswise into rings
1/4 cup sliced pitted ripe olives
2 tablespoons sliced green onion

For herb spread, in small mixing bowl combine dairy sour cream, mixed salad herbs and the garlic salt. Cover and chill thoroughly.

Spread cut surfaces of rolls with chilled herb spread. On bottom half of each roll arrange lettuce, salami, American cheese, Swiss cheese and tomato. Top each with cucumber, green pepper, olives and green onion. Place top half of roll over filling, anchoring with wooden picks, if needed. Makes two sandwiches (adaptable for one).



Nutrients Essential To Be Healthy

Food provides the energy and nutrients you need to be healthy. Nutrients include proteins, carbohydrates, fats, vitamins, minerals and water.

Studies show that a good diet in your later years reduces your risk of osteoporosis, high blood pressure, heart diseases and certain cancers. As you age, you might need less energy. But you still need just as many of the nutrients in food. To get them:

- Choose a variety of healthy foods
- Avoid empty calories, which are foods with lots of calories but few nutrients, such as chips, cookies, soda and alcohol
- Pick foods that are low in cholesterol and fat, especially saturated and trans fats

Saturated fats are usually fats that come from animals. Look for trans fat on the labels of processed foods, margarines and shortenings.

NIH: National Institute on Aging

Seasonal Fruits and Vegetables

Here is a list of fruits and vegetables that should be plentiful during July. May we suggest you consider these items when placing your grocery order?

Apricots	Green Beans	Pineapple	Squash
Asparagus	Green Onions	Plums	Strawberries
Beans	Honeydews	Potatoes	Tangerines
Berries	Kale	Radishes	Tomatoes
Broccoli	Kiwi	Rhubarb	Watermelons
Cabbage	Leaf Lettuce	Salad (pre-bagged)	
Cantaloupes	Lemons		
Carrots	Lettuce		
Cauliflower	Limes		
Celery	Mangoes		
Cherries	Mushrooms		
Corn on the cob	Nectarines		
Cucumbers	Okra		
Dry Onions	Onions		
Garlic	Peaches		
Grapefruit	Peppers		

