

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



Senior Services
OF WICHITA

April 2016

Dear Roving Pantry Client

It has been brought to my attention that some of the clients we serve are under the impression that the Roving Pantry program is in financial trouble and that the program will be discontinued. While funding issues continue to concern any non-profit organization, we have no plans to close the program. The majority of the money used to operate Roving Pantry comes from Sedgwick County as Aging Mill Levy funds. We have high hopes that these funds will continue. We believe that our county commissioners will be encouraged by the fact that clients are paying a portion of the cost and they will decide to keep the funds coming!

It seems that since instituting the service charge on March 1st, many clients have been ordering less often, for instance every other week instead of every week. Some clients may be under the impression that ordering less often might save the program some money. It does NOT lower our costs. In fact, our contracts with the funders require that we make a certain number of deliveries throughout the year in order to receive the full amount of funds. Therefore, fewer deliveries can lead to fewer dollars next year. However, some of you may be ordering less often in order to save money now that a service fee is charged with each delivery. We can certainly understand if this is the case.

Senior Services wants to continue to meet your needs and get groceries to you at home. We hope to do so for you and for the next generation of seniors who need this help. Please let the Roving Pantry staff know if you have any questions or concerns.

Sincerely,

Laurel Alkire
Executive Director

Recipe of the Month:

Orange-Beet Salad

1/4 cup salad oil
3 tablespoons red wine vinegar
1/2 teaspoon sugar
1/8 teaspoon salt
1/8 teaspoon dried basil, crushed
Dash pepper
1 8-ounce can sliced beets, chilled
1/2 small onion, thinly sliced and separated into rings
Leaf or bibb lettuce
1 orange, peeled and sectioned

For dressing, in screw-top jar combine salad oil, red wine vinegar, sugar, salt, basil and pepper. Cover and shake well. Chill until ready to serve.

Drain beets; arrange beets and onion rings on two individual lettuce-lined salad plates. Arrange orange sections atop beets and onion rings. Shake dressing; pour desired amount over salads.

Makes two servings.



Healthy Eating As You Age

No matter your age or your previous eating habits, it's never too late to change your diet and improve the way you think and feel. When you choose a variety of colorful fruits and veggies, whole grains, and quality proteins you'll feel vibrant and healthy, inside and out. Improving your diet now can help you:

- Live longer and stronger – Good nutrition keeps muscles, bones, organs, and other body parts strong for the long haul. Eating vitamin-rich food boosts immunity and fights illness-causing toxins. A proper diet reduces the risk of heart disease, stroke, high blood pressure, type-2 diabetes, bone loss, cancer, and anemia.
- Sharpen your mind – Key nutrients are essential for the brain to do its job. People who eat a selection of fruit, leafy veggies, and fish and nuts packed with omega-3 fatty acids can improve focus and decrease their risk of Alzheimer's disease. Regular consumption of antioxidant-rich green tea may also enhance memory and mental alertness as you age.
- Feel better – Wholesome meals give you more energy and help you look better, resulting in a boost to your mood and self-esteem. It's all connected—when your body feels good you feel happier inside and out.

Seasonal Fruits and Vegetables

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

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

