

# Roving Pantry

*Shopping and Delivery  
From Our Hearts  
to Your Home*



## **Sliding Scale Delivery Fees Take Effect March 1**

We appreciate your continued use of our Roving Pantry Program and hope the service is of assistance in keeping you at home. The program is funded primarily by public dollars through the Sedgwick County Department on Aging. We were very fortunate to receive continued county funding for 2015 considering the majority of commissioners have real reservations about funding charities.

With this in mind, the Sedgwick County Department on Aging is requiring us to charge a fee for service to Pantry clients in 2016. We are using the state sliding fee scale based on your income, requiring staff to collect income information from you in order to find where you fall on the scale. That fee can range from 68 cents per delivery to the full cost of the program. This fee for service will go into effect March 1, 2016, and will be included in your grocery total for each delivery.

The Department on Aging staff want to be able to demonstrate to the Sedgwick County Commission that clients are paying a portion of the cost, even if it is small. We hope to make an impact and convince them that Roving Pantry is an important program to keep seniors at home and one they will continue to fund. The fees will stay with Roving Pantry to help cover the increasing cost of operations. Please remember that any donation to the program is still needed and very much appreciated.

-Opal Smith, Roving Pantry Coordinator  
-Laurel Alkire, Executive Director,  
Senior Services of Wichita

## **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 Dillons at 681-6830 and leave me a message the day or night **BEFORE** your scheduled delivery day.

Thank you for your assistance.

-Opal Smith

## **Need Help With Your Energy Costs?**

LIEAP is a one-time per year benefit that helps eligible households pay a portion of their home energy costs. Your gross monthly household income can't be over \$1,276 for 1 person or \$1,726 for 2 people. For applications or information, call 267-0122. Application deadline is March 31, 2016.

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## Recipe of the Month:

### Marinated Shrimp Luncheon Salad

1 7-ounce package (2 cups) frozen shelled shrimp  
1 small pineapple  
1/3 cup coarsely chopped celery  
1/3 cup sliced fresh mushrooms  
1/4 cup salad oil  
2 tablespoons dry white wine  
1 tablespoon honey  
1/8 teaspoon salt

In saucepan, cook shrimp in boiling salted water according to package directions, drain and cool. Halve the pineapple lengthwise, leave leaves with each portion. Cut out the fruit, leaving a 1/2-inch thick shell. Remove and discard the hard inner core and cut fruit into chunks. Cover pineapple shells and refrigerate.

In missing bowl, combine pineapple chunks, cooked shrimp, celery and mushrooms; toss together lightly.

For marinade, in screw-top jar combine salad oil, wine, honey and salt. Cover and shake well. Pour over pineapple/shrimp mixture; stir to coat well. Cover and refrigerate for 2 to 4 hours, stirring occasionally.

Just before serving, spoon the pineapple-marinade mixture into chipped pineapple shells. Makes 2 servings (adaptable for one).

## MyPlate for Older Adults

The Dietary Guidelines for Americans, 2010 present a general outline for a healthy diet. But, as you age, some foods may be better than others for staying healthy and reducing your chance of illness. In 2011, the U.S. Department of Agriculture's Human Nutrition Research Center on Aging at Tufts University created MyPlate for Older Adults as a companion to MyPlate, the federal government's food group symbol.

MyPlate for Older Adults highlights the unique nutritional and physical activity needs of people as they age. It gives examples of foods that have high levels of vitamins and minerals in each serving. Like the federal government's Dietary Guidelines for Americans, 2010, MyPlate recommends limiting foods that are high in trans fats and saturated fats, limiting salt and added sugars, and eating plenty of whole grains.



## Seasonal Fruits and Vegetables

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

Apples  
Artichoke  
Asparagus  
Beans  
Broccoli  
Cabbage  
Cantaloupes  
Carrots  
Cauliflower  
Celery  
Cucumbers  
Dry Onions  
Garlic  
Grapefruit  
Green Beans

Green Onions  
Kale  
Kiwi  
Leaf Lettuce  
Lemons  
Lettuce  
Limes  
Mushrooms  
Onions  
Oranges  
Parsnips  
Pears  
Peppers  
Pineapple  
Potatoes

Radishes  
Rhubarb  
Salad (pre-bagged)  
Squash

Sweet Potatoes  
Tangerines  
Tomatoes  
Turnips

