

# Roving Pantry

*Shopping and Delivery  
From Our Hearts  
to Your Home*



September, 2018

## Eat Healthy - Stay Active And Independent

Healthy eating begins with you! Giving your body the right nutrients and maintaining a healthy weight can help you stay active and independent. You'll also spend less time and money at the doctor. This is especially true if you have a chronic condition, such as diabetes or heart disease.

The definition of healthy eating does change a little as you age. For example, as you grow older, your metabolism slows down, so you need fewer calories than before. Your body also needs more of certain nutrients. That means it's more important than ever to choose foods that give you the best nutritional value.

### Tips for Picking Healthy Food

Here are 6 tips to help you find the best foods for your body and your budget.

#### 1. Know what a healthy plate looks like

You might remember the food pyramid, but the USDA recently unveiled a simpler way to help people see what they should eat each day. It's called MyPlate. The simple graphic shows exactly how the five food groups should stack up on your plate. These are the building blocks for a healthy diet.

#### 2. Look for important nutrients

Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow—bright, colored foods are always the best choice! A healthy meal should include:

- Lean protein (lean meats, seafood, eggs, beans)
- Fruits and vegetables

- Whole grains (brown rice, whole wheat pasta)
- Low-fat dairy (milk and its alternatives)

Remember to choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age.

#### 3. Read the nutrition facts label

The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat packaged foods, be a smart shopper! Read the labels to find items that are lower in fat, added sugars, and sodium.

#### 4. Use recommended servings

To maintain your weight, you must eat the right amount of food for your age and body. The American Heart Association provides recommended daily servings for adults aged 60+.

#### 5. Stay hydrated

Water is an important nutrient too! Don't let yourself get dehydrated—drink small amounts of fluids consistently throughout the day. Tea, coffee, and water are your best choices. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise.

#### 6. Stretch your food budget

Want to get the biggest nutritional bang for your buck? The Supplemental Nutrition Assistance Program (SNAP) can help you afford healthy food when you need it. Over 4 million older Americans use SNAP to buy food, and the average senior receives \$113 each month. Visit [BenefitsCheckUp.org/getSNAP](http://BenefitsCheckUp.org/getSNAP) to see if the program can help you.

## Recipe of the Month: Healthy Meatloaf

1 1/2 pounds lean ground beef  
1 egg  
1 onion, chopped  
1 cup low-fat (1%) milk  
1 cup whole wheat bread crumbs  
1/2 cup chopped fresh parsley  
1 large carrot, grated  
salt and ground black pepper to taste  
1 tablespoon brown sugar  
2 tablespoons prepared mustard  
1/3 cup ketchup

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5-inch loaf pan.

Combine beef, egg, onion, milk, bread crumbs, parsley, and carrot in a large bowl. Season with salt and black pepper. Place beef



mixture in loaf pan.

Stir together brown sugar, mustard, and ketchup in a small bowl. Pour over meatloaf.

Bake in preheated oven until no longer pink in the center, about 1 hour. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

## 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

## Seasonal Fruits and Vegetables

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

Apples  
Beans  
Berries  
Broccoli  
Cabbage  
Cantaloupes  
Carrots  
Cauliflower  
Celery  
Corn on the cob  
Cranberries  
Cucumbers  
Dry Onions  
Eggplant  
Garlic  
Grapefruit  
Grapes

Green Beans  
Green Onions  
Kale  
Kiwi  
Leaf Lettuce  
Lemons  
Lettuce  
Limes  
Mushrooms  
Nectarines  
Okra  
Onions  
Parsley  
Parsnips  
Peaches  
Pears  
Peppers

Plums  
Pomegranates  
Potatoes  
Pumpkins  
Radishes  
Salad (pre-bagged)

Squash  
Strawberries  
Sweet Potatoes  
Tomatoes  
Turnips  
Watermelons

