

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



February 2020

Why You Should Eat More Apples

1. Apples Are Nutritious. Apples are a good source of fiber and vitamin C. They also contain polyphenols, which may have numerous health benefits. Apples are high in fiber and water — two qualities that make them filling. Researchers think that apples are more filling because they're less energy-dense, yet still deliver fiber and volume.

2. Apples May Be Good for Your Heart. Apples have been linked to a lower risk of heart disease. One reason may be that apples contain soluble fiber — the kind that can help lower your blood cholesterol levels. They also contain polyphenols, which have antioxidant effects. Many of these are concentrated in the peel. One of these polyphenols is the flavonoid epicatechin, which may lower blood pressure. Flavonoids can help prevent heart disease by lowering blood pressure, reducing “bad” LDL oxidation, and acting as antioxidants.

3. They're Linked to a Lower Risk of Diabetes. Several studies have linked eating apples to a lower risk of type 2 diabetes. In one large study, eating an apple a day was linked to a 28% lower risk of type 2 diabetes, compared to not eating any apples. Even eating just a few apples per week had a similarly protective effect. It's possible that the polyphenols in apples help prevent tissue damage to beta cells in your pancreas. Beta cells produce insulin in your body and are often damaged in people with type 2 diabetes.

4. They May Have Prebiotic Effects and Promote Good Gut Bacteria. Apples contain pectin, a type of fiber that acts as a prebiotic. This means it feeds the good

bacteria in your gut. Your small intestine doesn't absorb fiber during digestion. Instead, it goes to your colon, where it can promote the growth of good bacteria. It also turns into other helpful compounds that circulate back through your body.

5. Apples Contain Compounds That Can Help Fight Asthma. Antioxidant-rich apples may help protect your lungs from oxidative damage. Apple skin contains the flavonoid quercetin, which can help regulate the immune system and reduce inflammation. These are two ways in which it may affect asthma and allergic reactions.

6. Apples May Be Good for Bone Health. Eating fruit is linked to higher bone density, which is a marker of bone health. Researchers believe that the antioxidant and anti-inflammatory compounds in fruit may help promote bone density and strength.

7. Apples May Help Protect Your Brain. Most research focuses on apple peel and flesh. However, apple juice may have benefits for age-related mental decline. Apple juice may help preserve acetylcholine, a neurotransmitter that can decline with age. Low levels of acetylcholine are linked to Alzheimer's disease. (<https://www.healthline.com/nutrition/10-health-benefits-of-apples#section11>)



**Please call 267-0122 if you
would like information on our
Meals on Wheels Program**

Recipe of the Month:

Apple-Bean Bake

- 1 16-ounce can pork and beans in tomato sauce
- 1 small apple, peeled, cored and sliced
- 1/4 cup chopped onion
- 1 Tablespoon brown sugar
- 1 Tablespoon light molasses
- 1 teaspoon prepared mustard

In 5x5x2-inch baking dish **combine** beans, apple, onion, brown sugar, molasses and mustard. **Bake** in 350* oven for 1 to 1 1/2 hours, stirring several times. Let stand a few minutes before serving. *Makes 2 servings*

Microwave cooking directions:

In a 1-quart nonmetal casserole; **combine** apple, onion and 1/4 cup water. **Cook**, covered with waxed paper, in countertop microwave oven on high power about 2 minutes or til crisp-tender; **drain**.

Stir in beans, sugar, molasses and mustard. Micro-cook, uncovered for 5 to 6 minutes or til bubbly, stirring twice.

Pantry Protocol

To speed up our service to you, **please have your grocery orders ready on your assigned day before 10am**. Our goal is to deliver quality service to all of our clients. If you ever have a problem with your order, such as receiving wrong items, being overcharged, any questions or any 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 Dillions at 681-6830 and leave me a message the day or night **BEFORE** your scheduled delivery day. Thank you for your cooperation.

- Opal Smith

Seasonal Fruits and Vegetables

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

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| Apples | Kale | Rhubarb | Tangerines |
| Avocados | Kiwi | Salad (pre-bagged) | Tangelos |
| Beans | Lemons | Spinach | Tomatoes |
| Broccoli | Lettuce | Squash | Turnips |
| Brussel Sprouts | Limes | Sweet Potatoes | |
| Cabbage | Mushrooms | | |
| Carrots | Onions | | |
| Cauliflower | Oranges | | |
| Celery | Parsley | | |
| Cucumbers | Parsnips | | |
| Dried Onions | Pears | | |
| Eggplant | Peppers | | |
| Garlic | Pineapples | | |
| Grapefruit | Plums | | |
| Green Beans | Potatoes | | |
| Green Onions | Radishes | | |

