

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



January 2020

Benefits To Eating More Turkey

Eating foods like turkey that are high in protein help to increase the feeling of satiety, meaning that they make a person feel fuller for longer.

Turkey also contains B vitamins and minerals, including a significant amount of selenium, which also acts as an antioxidant. And turkey supplies smaller amounts of zinc, magnesium, and potassium. Dark meat provides more vitamins and minerals, but it's also higher in calories and fat.

Pasture-raised birds have even more nutrients. You may see different terms on turkey packaging, like "free-range," or "cage-free." But the one that truly has meaning is "pasture-raised." This means the birds are allowed time to forage outdoors. Their exposure to sunlight and a more diverse, natural diet, increases their levels of nutrients, including anti-inflammatory omega-3 fatty acids.

Turkey won't make you sleepy. Turkey is often cited as a food that causes drowsiness because it contains the amino acid tryptophan, which is a precursor to the calming neurotransmitter serotonin. But the truth is, the amount of tryptophan in turkey isn't enough to send you off to dreamland. (Other foods, such as chicken, nuts, and seeds, contain as much or more tryptophan than turkey.)

Turkey leftovers can star in healthy meals for days. Add leftover chopped turkey breast to garden salads, stir-fries, chili, and soup. Or make a mayo-free turkey salad with chopped turkey and other diced veggies, such as red bell pepper,

celery, red onion, and spinach. Toss with dairy-free pesto, olive tapanade, mashed avocado, or seasoned tahini. (www.health.com/nutrition/turkey-nutrition)



We Do read our surveys.

Thank you to all our clients who took the time to complete and return their surveys this year. We are so happy to report that the overwhelming majority of you are very satisfied with the Roving Pantry Program.

One concern that did stand out was the timing of our telephone calls. Our staff are generally in the office between the hours of 7:00am - 12:30pm. We call as a courtesy to our customers. If you would like to call us during the hours listed at a time more convenient for you please let us know, and we will put you on a list to not contact. Just remember that if you are placed on the list for us not to call, we must have your order on the call day in which you are assigned.

Thank you once again to everyone that completed their surveys. All your names were placed in the drawing for a \$25 Dillons gift card. Congratulations to our winner, Sue Hieber!

-Karen Dao Et Opal Smith

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

Recipe of the Month:

Creamy Wild Rice-Turkey Chowder

- Cooking Spray
- 4 ounces smoked turkey, diced
- 1 cup chopped green onions (about 4 onions)
- ½ cup chopped carrot
- 1 (10 ¾ ounce) can condensed reduced-fat, reduced-sodium cream of mushroom soup
- 1 ½ cups 1% low-fat milk
- ⅓ cup quick-cooking wild rice
- ¼ teaspoon pepper

Coat a medium saucepan with cooking spray and place over medium-high heat until hot.

Add turkey, green onions and carrots to pan; saute 3 minutes or until carrots are tender.

Add soup and milk, stirring well; bring mixture to a boil.

Stir in rice; bring to a boil.

Cover, reduce heat to medium-low, and simmer 5 minutes or until rice is tender. Stir in pepper. *Yield: 4 (1 cup) servings.*

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 January. May we suggest you consider these items when placing your grocery order?

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

