

# Roving Pantry

*Shopping and Delivery  
From Our Hearts  
to Your Home*



June 2020

## What are the health benefits of apricots?

Like most fruits and vegetables, apricots are a good source of many of the vitamins and minerals that our bodies need to function. In particular, they contain high amounts of vitamins A and C, as well as dietary fiber and potassium.

### • Vitamin A

- Vitamin A, which scientists also call retinol, is very important for healthy eyes.
- Some studies have found that vitamin A also plays an important role in the immune system by having an anti-inflammatory effect.

### • Vitamin C

- Vitamin C has many functions. For example, it is an antioxidant that helps protect the cells in the body from damaging free radicals. The body also needs it to make collagen to repair wounds.
- Vitamin C plays an essential role in the immune system, helping the body's natural defense mechanisms fight off bacteria and viruses.

### • Fiber

- Fiber is vital because it helps the body regulate its blood sugar levels. It also aids digestion, which helps prevent constipation and promote overall gastrointestinal health.
- In addition, some studies have shown that people who eat enough fiber are less likely to develop a range of health conditions, including:
  - heart disease
  - type 2 diabetes
  - diverticular disease, or inflammation of the intestine

### • Potassium

- Potassium is an electrolyte that the nerves need to function and the muscles need to contract. The body also needs potassium to move nutrients into cells and dispose of cellular waste.
- It also plays a role in heart health by helping the heartbeat stay regular.

The benefits of apricots make them a good addition to a healthful, balanced diet. People can eat apricots either raw or dried. Freezing or canning the fruit does not reduce its nutritional value. However, to keep the fruit a healthful addition to the diet, people should look for canned fruit in water, not syrup. It is important to note that people should eat a range of fruits and vegetables, as part of a balanced diet, to make sure that they are getting all the nutrients their bodies need.

**Source:** <https://www.medicalnewstoday.com/articles/apricot-benefits>



Senior Services wishes to thank our devoted Roving Pantry clients for the continued donations through the COVID-19 crisis. Your support is deeply appreciated! Thank you again, stay home and stay safe!

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

## Recipe of the Month: Frozen Yogurt with Raspberry Sauce

- 1 (12-ounce) package frozen raspberries in light syrup, thawed
- 3 tablespoons sugar
- 1 teaspoon lemon juice
- 2 cups vanilla low-fat frozen yogurt

Place raspberries, sugar, and lemon juice in a blender; process until smooth. If desired, press through a sieve over a bowl, discarding solids. To serve, spoon sauce over frozen yogurt. Yield: 4 servings (serving size: 1/4 cup sauce and 1/2 cup yogurt).



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

Apples	Cherries	Onions	Sweet Potatoes
Apricots	Corn on the Cob	Oranges	Tangerines
Artichokes	Cucumbers	Parsley	Tomatoes
Asparagus	Dried Onions	Parsnips	Turnips
Avocados	Eggplant	Peaches	Watermelons
Beans	Garlic	Pears	
Beets	Grapefruit	Peppers	
Berries	Green Beans	Pineapples	
Blueberries	Green Onions	Plums	
Broccoli	Honeydews	Potatoes	
Brussel Sprouts	Kale	Radishes	
Cabbage	Kiwi	Rhubarb	
Cantaloupes	Lemons	Salad (pre-bagged)	
Carrots	Lettuce	Spinach	
Cauliflower	Limes	Squash	
Celery	Mushrooms	Strawberries	

