

# NUTRITION

Notes



September 2020

Published monthly for the clients of Meals on Wheels.

## LABOR DAY HOLIDAY!

We will not deliver meals on  
**MONDAY- SEPTEMBER 7th**

We will send a nonperishable food package for September 7th during the first week of September. Please keep this package and use it for your meal on the 7th.

### MOW SEPTEMBER COVID UPDATES:

We plan to deliver meals Monday through Fridays during the month of September.

- Continue to expect changes to your menu. Our food suppliers are still experiencing problems getting certain items.
- CHOICE meals will not be available during September.
- Weekend clients will receive a delivery on Saturday and Sunday.
- Meals on Wheels assessments will be completed over the phone.

### **National Centenarian's Day September 22nd**

National Centenarian's Day celebrates those who are 100 years of age or older! Meals on Wheels serves four people who are 100 or older. Our staff would like to wish them a happy Centenarian's Day. Please take a few moments on September 22nd to honor anyone you know who has reached 100!

### **Returning to Regular Milk in September!**

The hot summer months are over so we will begin the delivery of regular refrigerated milk in September. Please call us at **267-0122** to let us know if you enjoyed the way we alternated shelf stable milk and fruit juice this past summer. Your opinions will help us determine what to send next summer.

Senior Services wishes to thank our devoted Meals on Wheels clients for the continued donations through the COVID-19 crisis. Your support is deeply appreciated! Stay home and stay safe!

If you have been diagnosed with COVID-19 or you are experiencing COVID symptoms like a fever or respiratory issues, please notify the meal office at **267-0122**.

## September Is Healthy Aging Month

Healthy Aging Month was introduced when the baby boomers were about age 50. Carolyn Worthington, editor-in-chief of Healthy Aging Magazine is the creator of September is Healthy Aging Month, which is an annual health observance designed to focus national attention on the positive aspects of growing older. This publication suggests several things you might consider trying to stay healthy. (<https://healthyaging.net/healthy-aging-month/september-is-healthy-aging-month/>)

### Tips for Reinventing Yourself during September - Healthy Aging Month:

1. Don't act your age. What was your best year? Picture yourself at that age and try to feel like that. Positive thinking goes a long way toward feeling better about yourself.
2. Be positive in your conversations and actions every day. When you catch yourself complaining, check yourself right then and change the conversation to something positive. (Tip: You might need to stop watching some of the stories on the local news).
3. Distance yourself from people who don't have a positive outlook on life - people who complain all of the time and constantly talk about how awful everything is. They could depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often - it's contagious.)
4. Try to walk like a vibrant, healthy person. Do you walk slowly perhaps because you have a fear of falling? Then, try assistive equipment but try to find one that helps you stand upright. If you don't walk often, try to slowly increase your efforts. Walking is good for your health and you might meet new people.
5. Stand up straight! It will change your appearance!

6. Smile. Research shows people who smile more often are happier. Also, good oral health is important to your overall well-being. (Tip: Go to the dentist regularly and consider teeth whitening. Nothing says old more than yellowing teeth!)
7. Lonely? Do something about it instead of feeling abandoned or complaining about having no friends or family. Pick up the phone to invite someone out, volunteer, take a class or go to a senior center.
8. Keep up with your annual physical and other health screenings. Then, hopefully, you can stop worrying about ailments for a while.
9. Find your inner artist. Try something new! (Tip: Sign up for art, music or woodworking classes).

### Johnny Appleseed Day! September 26th



Born September 26, 1774, Appleseed whose real name was John Chapman was an American nurseryman. He introduced apple trees to the Midwest, including Pennsylvania, Ohio, Indiana and Illinois by planting trees along the pioneers' routes. He would also trade his seedlings with new settlers in the area so they could grow apples. Chapman would sometimes give seedlings for free to these struggling pioneers; this benevolent nature earned him the nickname "Johnny Appleseed" from grateful frontiersmen. (<https://www.history.com/news/who-was-johnny-appleseed>)

Apples are a great snack so snack on some in honor of John!

They are abundant and usually less expensive during the fall months, September through November. Apples contain 10% of the RDA for fiber. A large apple has about 100 calories and five grams of fiber per serving. The fruit's polyphenols and fiber help balance bacteria in your gut. However, two-thirds of an apple's antioxidants and much of its fiber are found in the skin.

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## Healthy Snacking For Seniors

By Kyle Huxford, RDN, CSG, LD

It is natural to get hungry throughout the day and when the hunger hits, it is easy to reach for foods that are packed with calories, fats and sodium. Finding nutritionally-balanced, convenient snacks for seniors is a great way to supplement the diets of those whose appetites and health is waning. Many senior individuals eat inadequate portions at meals, making snacks a significant part of the diet. Snacks are a great way to integrate healthy eating into social situations, offering seniors opportunities to mingle over a mug of cider and a homemade treat. Social interaction is an important part of life, helping seniors stay active and energized.

Choose snacks based on the individual tastes and dietary needs of the person eating the snack. While pre-packaged goodies are handy in a pinch, natural snacks are the best choices. Below are some excellent options for easy, delicious snacks.

**Pre-cut Veggies:** A mixed bag of broccoli, carrots and cauliflower are a colorful treat, packed with essential vitamins. Make a dip for a more appealing snack!

**Fresh Fruit:** Apple wedges, orange slices and banana halves make a sweet snack in summer or winter.

**Nuts:** Nuts are a crunchy alternative to chips. They are a rich source of antioxidants, healthy fats and calories.

**Cheese:** Sticks, slices or wedges. Cheese makes a satisfying snack.

**Boiled Eggs:** A great source of protein.

**Finger Sandwiches:** Make your own tuna salad, peanut butter, cucumber or cheese sandwiches. Cut them in small squares to make them more appealing to light eaters.



## Johnny Appleseed - Continued

For an easy snack: core or slice an apple, remove the seeds, put 1/3 cup of water or apple juice in your baking dish and bake at 350 for 20-40 minutes (until tender). Try baking with a topping of 1/2 t. cinnamon, 1/4 t. nutmeg, 2 T. brown sugar and 2 T. melted butter. Add nuts, drizzle with honey or maple syrup, dried cranberries, raisins, vanilla yogurt or low fat ice cream. Enjoy apples this fall!

To find pick your own farms and orchards in Kansas go to: <https://pickyourown.org/KSwichita.htm> This website also has canning & freezing instructions, related events, etc. For example, you can find 900 apple trees at Cider Hill Family Orchard in Kansas City.



## Fun Apple Facts

- The crabapple is the only apple native to North America.
- It takes 36 apples to create one gallon of apple cider.
- In colonial times, apples were called winter bananas.
- Apples were a favorite fruit of the Greeks and Romans.
- The science of growing apples is called pomology.
- Most apples are still picked by hand in the fall.
- Apples are fat, sodium and cholesterol free.
- The largest apple picked weighed three pounds.
- Apple trees are 4 or 5 years old before they actually have apples. The first apple tree in the United States was planted by the pilgrims when they came to the United States from Europe.
- Apples come in all shades of red, green and yellow.
- Apples are a member of the rose family of plants, along with pears, peaches, plums and cherries.
- Apples float because 25% of their volume is air.
- The average person eats 65 apples per year.

**LET US KNOW WHAT YOU THINK! PLEASE MARK YOUR MENU AT THE END OF THE MONTH AND SEND IT BACK TO US:**

Cross through items you don't like.

Circle items you do like.

Put a star in front of items you want to see more often.

Suggested Donation  
\$10 Monthly

**September 2020 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	1 Corn Dog 3 Bean Salad Mixed Fruit	2 Rosemary Chicken Thighs over Wild Grain Rice, Asparagus, and Mushrooms Blushing Pears	3 Shredded Pork in Gravy over Mashed Potatoes Buttered Corn Applesauce	4 Smoked Brisket Baked Beans Broccoli and Cheese Fruit
7 <b>HOLIDAY</b> Use The Meal Provided	8 <u>COLD MEAL</u> Italian Cold Cuts with Cheese on Bun Pasta Vegetable Salad Mandarin Dessert	9 Sweet and Sour Chicken Steamed Rice & Stir Fry Vegetables Mandarin Medley with Pineapple and Cranberry	10 Cheese Pasta Bake Green Beans with Tomatoes Cake with Strawberry Topping	11 Roast Beef and Cheese on Bun Curly Fries Green Beans Mixed Berry Crisp
14 Creamed Chicken with Vegetables Biscuit Spiced Apple Rings	15 Steak and Cheese on Bun Normandy Blend Vegetables Blueberry Pie Crush	16 Pork Fritter with Mashed Potatoes and Gravy Green Beans Dinner Roll Apple Slices	17 <u>Veggie Lasagna</u> with Cream Sauce 3 Bean Salad Roll Grapes	18 BBQ Pulled Pork Mac and Cheese Winter Blend Vegetables Cranberry Mandarin Chutney
21 Steak with Mushrooms and Onions Buttered Noodles Brussels Sprouts Peaches	22 BBQ Chicken Legs Peas and Carrots Pineapple Tidbits	23 Beef Taco Nachos Elote Style Corn Fruit Churro	24 Battered Fish Scalloped Potatoes Creamed Peas Pineapple Cup	25 Seasoned Pork Loin in Mushroom Gravy Mashed Potatoes Green Beans Fruit Cup
28 Chicken Cordon Bleu Roasted Baby Carrots Fruit Cup	29 Meatloaf Mashed Potatoes with Gravy Peas and Carrots Baked Apples	30 Smothered Pork Steak in Gravy Wild Rice Harvard Beets Peach Pie Bites		New menu items are underlined.

**IF YOU DO NOT EAT YOUR MEAL WHEN IT ARRIVES - REFRIGERATE IMMEDIATELY!**