

# Roving Pantry

*Shopping and Delivery  
From Our Hearts  
to Your Home*



**August 2021**

## **6 Simple Snack Ideas and Healthy Foods for Older Adults**

### **1. Nuts and Seeds**

There are various types of nuts and seeds including almonds, walnuts, cashews, pistachios, peanuts, sunflower seeds, and pumpkin seeds. While all of these seeds have different benefits, one similar characteristic is that nuts and seeds are generally higher in healthy fats and protein, which promote a healthy metabolism and an increase in cognitive function.

### **2. Greek Yogurt with Fresh Berries**

Greek yogurt with berries can be a simple, healthy snack option if you choose the right type of yogurt. Full-fat plain Greek yogurt contains higher protein with lower sugar content. Many people choose to eat reduced-fat or "lite" yogurt; however, it is a better option to choose full-fat due to its benefit of increasing satiety, or fullness. Reduced-fat or "lite" versions remove fat from the product while generally replacing it with added sugar and sodium. Pairing fresh or frozen berries with yogurt gives higher nutrition content because berries have the lowest amount of sugar and highest amount of antioxidants, compared to other fruits.

### **3. Celery with Nut Butters**

Celery is a low-calorie snack that is high in vitamin C, vitamin K, and contains flavonoids that help fight cancer. Pairing celery with a "healthy fat," such as nut butter, natural peanut butter, almond butter, or sunflower butter, helps to make a more balanced snack. A good rule of thumb is to choose nut butters that require refrigeration to avoid the unhealthy additives.

### **4. Vegetables with Hummus**

Vegetables are always a great go-to snack option due to their health benefits and high amounts of vitamins. Incorporating a variety is important because each colored vegetable contains different vitamins and antioxidants. Enjoy them raw or with hummus to provide more flavor and protein content. Pairing a source of protein with vegetables provides a more balanced snack and supports a healthy metabolism.

### **5. Hard-Boiled Eggs**

Eggs are quick, easy, and healthy snacks packed with healthy fats, protein, vitamins, and minerals. Many individuals avoid eating the yolk or yellow portion of the egg, however, the yolk contains the majority of the vitamins and minerals.

### **6. Protein Smoothie**

For a quick healthy snack, try smoothies. They provide many vitamins and antioxidants. There are many different ways to make smoothies, however, it is important to add in protein powder to make a more balanced smoothie. Without the protein added, the smoothie generally contains all carbohydrates. An example of a well-balanced smoothie looks something like this:

- 3-4 ounces of water/almond milk
- 1 cup frozen mixed berries
- 1 cup spinach
- 1 scoop protein powder
- 2 tbsp ground flax seed

**Source:** <https://www.walkermethodist.org/blog/6-healthy-and-simple-snack-ideas>

## Recipe of the Month:

### Frozen Berry & Yogurt Swirls

- 10 plastic or paper cups (3 ounces each)
- 2-3/4 cups honey Greek yogurt
- 1 cup mixed fresh berries
- 1/4 cup water
- 2 tablespoons sugar
- 10 wooden pop sticks

1. Fill each cup with about 1/4 cup yogurt. Place berries, water and sugar in a food processor; pulse until berries are finely chopped. Spoon 1-1/2 tablespoons berry mixture into each cup. Stir gently with a pop stick to swirl.

2. Top cups with foil; insert pop sticks through foil. Freeze until firm.

Source:

<https://www.tasteofhome.com/recipes/frozen-berry-yogurt-swirls/>



## Pantry Protocol

Starting in February we have gone to a system of placing orders through the online Dillons portal for Dillons to shop for the orders. We will still take your order and deliver to you as usual. To help with the service, as always, please have your grocery order ready on your assigned day before 10:00am. (We also process EBT/food benefits. Delivery for EBT/food benefits are on Tuesday.)

Orders must total a minimum of \$20.00 for them to be shopped. Orders under the Dillons threshold of \$35.00 will incur a fulfillment fee of \$4.95. Roving Pantry will pay for \$3.00 of this fee, leaving a \$1.95 charge to be covered by the client.

Returned checks will still incur a \$15.00 service fee. Change is only made on a case by case basis because we do not carry large amount's of money. But you are welcome but not required to donate the change to senior services if you choose to.

If you have any questions, concerns or suggestions please contact Roving Pantry at **(316) 267-4378**. Orders can also be placed through email to: **pantry@seniorservicesofwichita.org**

## Seasonal Fruits and Vegetables

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

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

