

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



September 2021

The Top 6 Raw Honey Benefits

1. A good source of antioxidants

Raw honey contains an array of plant chemicals that act as antioxidants. Some types of honey have as many antioxidants as fruits and vegetables. Antioxidants help to protect your body from cell damage due to free radicals.

Free radicals contribute to the aging process and may also contribute to the development of chronic diseases such as cancer and heart disease. Research shows that antioxidant compounds in honey called polyphenols may play a role in preventing heart disease.

2. Antibacterial and antifungal properties

Research has shown that raw honey can kill unwanted bacteria and fungus. It naturally contains hydrogen peroxide, an antiseptic. Its effectiveness as an antibacterial or antifungal varies depending on the honey.

3. Heal wounds

Manuka honey is used in medical settings to treat wounds because it's been found to be an effective germ killer and also aids in tissue regeneration.

Studies show that Manuka honey can boost healing time and reduce infection. Keep in mind that the honey used in hospital settings is medical grade, meaning it's inspected and sterile. It's not a good idea to treat cuts with honey you buy from a store.

4. Phytonutrient powerhouse

Phytonutrients are compounds found in plants that help protect the plant from

harm. For example, some keep insects away or shield the plant from ultraviolet radiation.

The phytonutrients in honey are responsible for its antioxidant properties, as well as its antibacterial and antifungal power. They're also thought to be the reason raw honey has shown immune-boosting and anticancer benefits. Heavy processing destroys these valuable nutrients.

5. Help for digestive issues

Honey is sometimes used to treat digestive issues such as diarrhea, though there isn't much research to show that it works. It's proven to be effective as a treatment for *Helicobacter pylori* (*H. pylori*) bacteria, though, a common cause of stomach ulcers.

It's also a potent prebiotic, meaning it nourishes the good bacteria that live in the intestines, which are crucial not only for digestion but overall health.

6. Soothe a sore throat

Have a cold? Try a spoonful of honey. Honey is an old sore throat remedy. Add it to hot tea with lemon when a cold virus hits you.

It also works as a cough suppressant. Research has suggested that honey is as effective as dextromethorphan, a common ingredient in over-the-counter cough medication. Just take one or two teaspoonfuls, straight.

Source: <https://www.healthline.com/health/food-nutrition/top-raw-honey-benefits#sore-throat>



Recipe of the Month:

Peanut Butter, Strawberry and Honey Sandwich

- 1 tablespoon creamy peanut butter
- 1 slice crusty white bread
- 1/4 cup sliced fresh strawberries
- 1 teaspoon honey

Directions:

1. Spread peanut butter over bread. Top with strawberries and drizzle with honey.



Source: <https://www.tasteofhome.com/recipes/peanut-butter-strawberry-and-honey-sandwich/>

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

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

