

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



December 2021

9 Healthy Reasons You Should Eat More Cranberries

Prevents Urinary Tract Infections

While cranberry juice won't cure a urinary tract infection, it can prevent one in the first place. "Cranberries have been shown to reduce the incidence and recurrence of urinary tract infections (UTIs) in men, women and children," says Carlene Thomas, RDN, founder of OhCarlene. Staying hydrated helps too, so try sipping on a cool fruit-infused water.

Improves Digestion

Cranberries are high in natural fiber and contain about 4.6 grams per serving. This hit of fiber keeps your digestive tract moving along and prevents constipation. It also keeps you full, preventing afternoon sugar cravings and too much snacking.

Reduces Blood Sugar

Cranberries get their signature tart flavor from their low sugar content. They're one of the lowest sugar fruits and can even help control blood sugar. Try drinking a small cup of low-sugar cranberry juice every morning or tossing dried cranberries on a fresh arugula salad for lunch to get the benefits.

Improves Gut Health

If you've been downing a gallon of yogurt every day to get your probiotics, try sprinkling some cranberries over your parfait. Cranberries can improve the health of your gut by promoting healthy bacteria. "Gut health is a new area of exploration for cranberries, as emerging evidence shows that cranberries may affect the gut microbiota, as well as reduce intestinal inflammation," says Thomas.

Improves Heart Health

The health benefits of cranberries have been linked to improved cholesterol, lowered blood pressure and lowered inflammation.

Supports Glowing Skin

Cranberries are high in vitamins A and C, which promote collagen production to give us springy, glowing skin. "Vitamin C is an important nutrient that promotes healthy skin," explains Thomas. "Eating fruits and vegetables that contain vitamin C, like cranberries, helps promote healthy skin."

Reduces Cholesterol

Cranberries are one of the foods that can lower cholesterol naturally. Research has found a link between eating cranberries and lower levels of LDL (or bad) cholesterol. Sugary cranberry juice could raise cholesterol though, so opt for a fresh cranberry salad instead.

Prevents Gum Disease

Cranberries have antimicrobial effects and can reduce the number of bacteria on your gums and teeth. They also help to prevent inflammation, keeping gums clean and healthy. To get these cranberry benefits, skip sugary juices and have your cranberries with healthy grains and fruits.

Strengthens Your Immune System

Their high vitamin C level can keep germs at bay. Also, their antioxidants can keep you healthy. "Cranberry compounds help protect the body from destructive free radicals," says Thomas.

Source: <https://www.tasteofhome.com/collection/cranberry-benefits/>

Recipe of the Month:

Cranberry Sauce

- 1 package (12 ounces) fresh or frozen cranberries
- 1 cup sugar
- 1 cup cranberry-raspberry juice
- 1 tablespoon lemon juice



1. Place cranberries, sugar and cranberry-raspberry juice in a large saucepan; bring to a boil, stirring to dissolve sugar. Reduce heat; simmer, covered, until berries pop, 10-15 minutes, stirring occasionally.

2. Remove from heat; stir in lemon juice. Transfer to a bowl; cool slightly. Refrigerate, covered, until cold.

Source: <https://www.tasteofhome.com/recipes/cranberry-sauce/>

Pantry Protocol

- Starting in February we have gone to a system of placing orders through the online Dillions portal for Dillions 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 December. May we suggest you consider these items when placing your grocery order?

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

