

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



January 2022

The 10 Best Winter Fruits You Should Eat To Stay Healthy This Season

1. Grapefruits

This seasonal fruit ripens in January and is jam-packed with Vitamin C! Vitamin C helps bulk up your immune system, fortify your bones, and heal your injuries faster. Grapefruit is full of Vitamin A as well.

2. Pears

Pears are not packed with Vitamin C or A or even D, but dietary fiber. Fiber is known to assist in digestion, lower cholesterol levels, and help in weight loss!

3. Pomegranates

Historically the pomegranate was a symbol of hope, prosperity, and abundance. It's sheer number of health benefits range from containing tons of antioxidants to aiding in the prevention of certain cancers.

4. Oranges

You are going to want to make oranges, and any other citrus produce for that matter, your go-to snack food. Oranges, while not necessarily winter crops, are always available and always a good option. They are very high in Vitamin C. Certain orange juices are fortified with Vitamin D too.

5. Bananas

Extremely cheap and always available, bananas are a great source of potassium, which helps decrease anxiety and stress levels, and B-6, which helps fortify and build cells.

6. Cranberries

High in antioxidants and nutrients, cranberries are a rather small food that

packs a lot of punch. Cranberries assist in the prevention of certain cancers, heart diseases, and inflammation.

7. Pineapple

It may be hard to find a really good pineapple at the supermarket, but if you see one, especially during the winter, buy it! Pineapple is chock full of Vitamin C and manganese, a nutrient that helps in the formation of bones and regulating blood sugar.

8. Persimmons

This small, tomato-esque fruit is known to aid in maintaining a healthy heart, keep your digestive system working smoothly, and strengthen your eyesight.

9. Kiwis

You may know oranges for their Vitamin C and bananas for their potassium content, but the kiwi has them beat in both categories as well as providing Vitamin E and K on top of it all!

10. Apples

The old adage "an apple a day keeps the doctor away" is not too far from the truth. Apples are likened to superfoods as they are filled with so many nutrients it seems impossible that one little fruit could help so much! From Vitamin B, which maintains RBC count, to antioxidants, which help ward off diseases, the apple could help keep you out of the doctor's office this winter.

Source: <https://www.accuweather.com/en/health-wellness/10-best-winter-fruits-you-should-eat-to-stay-healthy/686949>

Recipe of the Month:

Brunch Fruit Salad

- 1 can (20 ounces) pineapple chunks
- 2 large firm bananas, cut into 1/4-inch chunks
- 1 cup green grapes
- 1 can (15 ounces) mandarin oranges, drained
- 1 medium red apple, sliced
- 1 medium green apple, sliced
- 1/2 cup sugar
- 2 tablespoons cornstarch
- 1/3 cup orange juice
- 1 tablespoon lemon juice



1. Drain pineapple, reserving juice. Combine the pineapple, bananas, grapes, oranges and apples in a large bowl; set aside.

2. In a small saucepan, combine sugar and cornstarch. Add the orange juice, lemon juice and reserved pineapple juice; stir until smooth. Bring to a boil; reduce heat. Cook and stir for 2 minutes. Pour over fruit; mix gently. Cover and refrigerate until serving.

Source: <https://www.tasteofhome.com/recipes/brunch-fruit-salad/>

Pantry Protocol

Delivery sliding scale fee will be returning in February 2022. A letter will be mailed out with further details.

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

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

