NUTRITION Notes

Senior Services OF WICHITA

June 2026

Published monthly for the clients of Meals on Wheels.

UPCOMING HOLIDAY

Meals on Wheels will be closed and not delivering meals on:

Friday, July 3rd in observance of Independence Day

A shelf stable meal will be sent out prior to the holiday to be used on this day.

Milk Changes

It's becoming that time of year again, when we are going to start seeing warmer temperatures. Beginning in June we will be switching over to Shelf Stable milks. This change is made for safety, as we cannot guarantee the temperature of regular milks holding on our hottest days.

Spring (Summer) Cleaning for Aging Adults: Safety & Organization Tips

(Clinkscales Elder Law Practice, PA. Hallmark Homecare. April 2026 Newsletter)

1. ***Start With a Plan:*** Before jumping into cleaning mode, take time to create a checklist of priorities. Focus on high-traffic areas and spots that may have become cluttered or hard to navigate. Breaking it down room by room can make the process feel more manageable and less overwhelming. Pro Tip: Choose one small area at a time, like a kitchen cabinet or hallway closet, and build momentum.

2. ***Declutter With Safety in Mind:*** Clutter isn't just a nuisance. It can also be a fall risk. Reducing tripping hazards such as stacks of newspapers, loose rugs, or electrical cords are one of the most important parts of spring cleaning for seniors.

- Clear walkways and staircases.
- Remove unused furniture or items that block movement.
- Secure or remove throw rugs.
- Cover up cords with covers or organizers.

3. ***Reorganize for Accessibility:*** Aging comes with physical changes, so it's important to keep frequently used items within easy reach.

- Store everyday items between waist and shoulder height.
- Avoid storing heavy items in high cabinets or on the floor.
- Consider adding pull-out shelves or lazy susans in kitchens and bathrooms.

4. ***Tackle Dust & Allergens:*** Spring is also allergy season. Reducing indoor allergens can make a big difference in health and comfort.

- Replace HVAC filters.
- Dust hard-to-reach areas like ceiling fans, vents, and baseboards.
- Wash curtains and vacuum the upholstery.
- Use a HEPA vacuum cleaner if possible.

Continued on Pg 2

Produce Spotlight: Apricots

By Isabelle Meyer, M.S., R.D

Nutrition Notes

Apricots are a nutritious fruit that provide several vitamins, minerals, and antioxidants. They are a good source of vitamin A, which supports eye health and immune function, and vitamin C, which helps protect cells from damage and supports skin health. Apricots also contain potassium, a mineral important for maintaining healthy blood pressure and muscle function.

In addition, apricots provide fiber, which can support digestion and help with fullness after meals. Their natural sweetness makes them a nutritious option for snacks, yogurt parfaits, salads, or oatmeal.

Recipe: Apricot Crumble

Ingredients:

- 2 apricots, sliced
- 1 tsp maple syrup
- 2 T brown sugar
- 1/3 cup rolled oats
- 1/3 cup all-purpose flour
- Pinch salt
- 1.5 T butter, melted

Directions:

In a small bowl combine apricots and maple syrup. In a separate bowl combine the oats, flour, cinnamon, brown sugar, and salt. Add melted butter to the crumble and mix well. Spray an oven-safe dish with oil. Add the apricot mixture and top with the crumble. Bake at 350 °F for 30 minutes. Serve with Greek yogurt for a filling dessert.

Cleaning for Aging Adults: Safety & Organization Tips - CONTINUED

5. ***Enlist Help When Needed:*** If lifting, bending, or reaching is difficult, don't hesitate to ask for help. Family members, neighbors, or professional caregivers can assist with heavy duty tasks and ensure everything is done safely.

6. ***Keep Sentimental Items, Let Go of the Rest:*** Letting go of things can be emotional, especially for seniors. Take time to go through keepsakes and photos together. Keep what brings you joy and consider donating or passing down other items.

Why Aren't I Hungry?

Appetite often wanes with age, but eating too little can harm your health. Here's how to get the nutrition your body needs.
(*AARP Bulletin May/June 2026, p.20-21*)

Strengthen your hunger signs.
Your appetite is ever-shifting, but it's worth trying some strategies to get it back on track, prioritize nutrient-dense foods and continue to eat the things you enjoy.

Maintain Your Weight.
It is not recommended that people over the age of 70 try and lose weight. Weight loss typically brings with it not just fat loss but also a loss of muscle. You should weigh yourself regularly, but with the goal of maintaining your weight.

Eat regular meals.
Keep a schedule of eating three meals a day, even if you have trouble eating as much as you once did.

Stack your snacks.
If sitting down to a meal seems overwhelming and you prefer to graze, it is important to make those snacks work harder: opt for foods high in fiber, protein, healthy fats and other nutrients. Pair fruit with cheese or peanut butter or buy a tub of tuna or chicken salad at the deli counter and scoop it up with whole-grain crackers. Guacamole, hummus and bean dip are other high-nutrition snack options, especially when paired with fruits or vegetables.

Continued on Pg 3

Protein: Foods That Help You Grow and Heal

By Isabelle Meyer, M.S., R.D

Protein is an important nutrient that helps your body stay strong and healthy. Your body uses protein to build and repair muscles, skin, and other tissues. Protein also helps stabilize blood sugar and can help keep you feeling full after meals and snacks. Without enough protein, your body may have trouble healing and maintaining muscle strength. Protein becomes even more important as we age.

Protein is found in both animal and plant foods. Animal proteins include chicken, turkey, fish, beef, eggs, milk, cheese, and yogurt. These foods provide protein along with other nutrients like calcium, iron, and vitamin B12. Plant proteins include beans, lentils, nuts, seeds, tofu, edamame, and peanut butter. Many plant proteins are good sources of iron, magnesium, and zinc. Whole grains such as quinoa and oatmeal also provide small amounts of protein.

Plant proteins are naturally lower in saturated fat and higher in fiber and antioxidants. Lowering meat consumption and increasing intake of plant proteins may decrease the risk of heart disease, some cancers, and type 2 diabetes. Fatty fish such as salmon, tuna, and sardines provide omega-3 fatty acids, which support heart and brain health. Eating a variety of proteins, including plant proteins and fish, can help you get all the nutrients your body needs.

Here are some tips for including protein as part of a balanced diet:

- Include protein at every meal.
- Try replacing some animal protein with plant protein. This could look like lowering the amount of chicken in a meal and adding beans.
- Choose leaner meats like 90/10 ground beef over 70/30 beef or chicken breasts over chicken thighs.
- Eat 1-2 servings of fish per week.
- Limit processed meats like bacon, sausage, and hot dogs that are higher in saturated fat and sodium.
- Choose grilled or baked proteins more often than fried.

Protein is an essential part of a balanced diet. Protein needs can vary based on age, activity level, and medical conditions. These are general nutrition recommendations. Speak with a healthcare provider about your individual nutrition needs.

Why Aren't I Hungry? - CONTINUED

Keep Moving.
Physical activity boosts your metabolism and your appetite. Plus, combining protein intake with exercise is the most efficient way to promote muscle growth.

Prep food for the week.
Try cooking a meal, then dividing it up into individual storage dishes to keep in the fridge or freezer so you have a balanced, nutritious heat-and-eat meals at the ready. Slow-cooking foods can help stimulate an appetite as the aroma fills your home.

Try new foods.
Changes in taste may lead you to discover and delight in different flavors. This could be a time in your life when you discover new things you didn't think you liked before.

Drink up.
Thirst and appetite are like two peas in a pod. Fill up two big 1-liter bottles of water. Keep them in places you spend time, such as a chair by the TV, so you are reminded to drink. You can add sliced fruit or a sugar-free flavored packet to it to make sipping more appetizing.

Keep an eye on sudden changes.
Appetite varies day to day, but if there is an unexplained difference in hunger that lasts more than a week, make an appointment with your doctor to rule out an underlying illness. Similarly, if you've noticed that your loved one's clothes look a bit loose on them, urge them to see a doctor too.

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

June 2026 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Stuffed Pepper Italian Vegetable Blend Garlic Knot Fruit Cocktail	2 Garlic Parmesan Grilled Chicken Seasoned Potato Wedges Green Beans Whole Grain Roll Mandarin Oranges	3 Beer Battered Cod Macaroni & Cheese Carrot Coins Wheat Roll Diced Peaches	4 Turkey & Rice Casserole Sauteed Garlic Spinach Wheat Roll Pineapple Chunks	5 Country Pork Chop w/ Gravy Mashed Potatoes Steamed Zucchini Cornbread Cinnamon Applesauce
8 Meatloaf Buttered Rotini Pasta Spring Salad Mix w/ Dressing Whole Wheat Roll Poached Peaches	9 ***(Cold Meal)*** Turkey Salad Sandwich on Wheat Bread Vegetable Pasta Diced Pears	10 BBQ Pork Tips Roasted Baby Potatoes Vegetable Blend Whole Wheat Roll Mixed Fruit	11 Teriyaki Tempura Chicken Chicken Stir-Fried Rice Peppers & Onions Spiced Peaches	12 Butter Crumb Tilapia Quinoa Collard Greens Wheat Roll Apricots
15 ***(Cold Meal)*** Sliced Ham & Cheddar Sandwich on Wheat Bread Broccoli Salad Leafy Salad Pineapple Chunks	16 Hamburger on Wheat Bun Cubed Sweet Potatoes Rosy Pears	17 Chicken Tenders Fried Green Tomatoes Honey Wheat Roll Fruited Yogurt	18 Lemon Pepper Fish Filet Mashed Potatoes Brown Sugar Carrots Wheat Roll Tropical Fruit	19 Turkey Sausage Burrito Spanish Rice Black Beans Cherry Cobbler
22 Maple Glazed Pork Roast Brown Rice Broccoli Florets Wheat Roll Spiced Apricots	23 Tuna Noodle Casserole Capri Vegetables Wheat Roll Peaches	24 ***(Cold Meal)*** Chicken Salad Sandwich on Pita Potato Salad Pea Salad Fruit Cocktail	25 Beef Tips w/ Mushroom Gravy Glazed Carrots Whole Grain Roll Mixed Fruit	26 Chicken Parmesan Parsley Noodles Tossed Salad Wheat Roll Blueberry Cobbler
29 Turkey Cacciatore Elbow Pasta Baby Carrots Whole Wheat Roll Hawaiian Fruit Mix	30 Parmesan Crusted Tilapia Potato Wedges Yellow Squash Whole Wheat Roll Cinnamon Applesauce			Milk is Served with Every Meal

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

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