

Nutrition and Wellness Newsletter

July/August 2023



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Safety First!

In the summertime when the temperatures are warmer, we need to be safe when we are enjoying activities outdoors. Dehydration can happen long before your thirst mechanism kicks in –so how can you tell if you are well hydrated?

Tips to avoid heat-related illnesses:

- 1.Never sit in a parked car that is not running on days when the temperatures are high.
- 2.Drink plenty of fluids. Don't wait until you are thirsty to drink something.
- 3.Dress in lightweight, loose-fitting clothing. Use a hat and sunscreen as needed.
- 4.Drink fruit juice or a sports beverage to replace salts and minerals lost during heavy sweating.
- 5.During the hottest parts of the day, keep physical activities to a minimum and stay indoors in air-conditioning and out of the sun.
- 6.Eat frozen treats like popsicles, frozen yogurt, and frozen grapes to stay cool.
- 7.Use cool compresses, misting, showers, and baths.
- 8.Avoid hot foods and heavy meals—they add heat to the body. Try making lighter meals and focus on a plant-based diet during the hotter months. Clear [here](#) for more information from The Academy of Nutrition and Dietetics.

July is National Picnic Month

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Top 10 Ways to Enjoy a Picnic Lunch

10. **Pack utensils, plates, napkins and cups ahead of time.** Pack the non-food items the night before to save time the next day.
9. **Keep the menu simple.** Plan things such as finger sandwiches, salsa and chips, vegetables and dip, sweet cherries, watermelon cubes, or grapes so they are ready to eat and do not require preparation at the picnic site.
8. **Pack single serve drinks.** Throw your favorite single serve beverages in a small cooler to have them ready and cold to help you cool off and stay hydrated.
7. **Make food ahead of time.** Make your recipes a day ahead to have them ready to go for your picnic the next day.
6. **Pack your basket in reverse order.** Pack nonperishable food items first, then utensils, then the tablecloth.
5. **Set items in ice.** When setting out chilled salads or other cold foods at a picnic, consider placing the serving containers in a larger pan filled with ice to keep them cold.
4. **Larger pieces of ice last longer than small cubes.** Fill empty plastic juice or milk containers with water 3/4 full and freeze

overnight or use large ice packs to keep drinks and food cold.

3. Cold foods should be kept at 40°F or colder. Transfer chilled foods directly from the refrigerator to the cooler. Don't use the cooler to chill warm or room temperature items.

2. Pack items for cleanliness. Bring garbage bags for any garbage and wet wipes to clean your hands before you eat.

1. Plan an activity. Have an activity in mind before or after your picnic such as going on a hike or playing a board game.

Summer Tips For Healthy Eating

Going to the Fair? From The Healthy a Reader's Digest Brand, Check out [Healthiest Fair Foods](#)

To get some nutrition tips from Office of Disease Prevention and Health Promotion, check out these fact sheets.

To manage your diabetes or weight:

[Cut Down on Added Sugars](#)

To help manage hypertension:

[Cut Down on Sodium](#)

Healthy beverage choices:

[Make Healthy Drink Choices](#)

Recipe Box

Enjoy these summer picnic recipes in the upcoming months:

[Best Greek Pesto Pasta Salad](#)

[Hummus and Veggie Wrap Up](#)

[Watermelon-Blueberry Salad](#)

[Apple Chips](#)



Nutrition Program Spotlight



East Central Illinois Area Agency on Aging in Bloomington, Illinois along with Illinois Department on Aging, provides older adult services in 16 counties which are Livingston, Iroquois, McLean, Ford, Vermilion, Champaign, Piatt, DeWitt, Macon, Moultrie, Douglas, Edgar, Coles, Shelby, Cumberland and Clark counties.

Programs in East Central Illinois Area Agency on Aging

- *Sarah Bush Lincoln Peace Meal Senior Nutrition Program
- *CRIS Healthy Aging
- *Catholic Charities Meals on Wheels
- *Order of Saint Francis Peace Meal Senior Nutrition Program

Medically tailored meals are being offered to participants and are created based on dietary recommendations for certain disease states. The meals are portioned, and items selected based on their nutrient content and may be restricted in sodium, fat, cholesterol, sugar or other nutrients depending on the type of diet selected.

These meals assist the participant in managing their medical condition such as diabetes, heart disease, renal disease and high blood pressure. Over 1,000 medically tailored meals have been provided in the last year to adults 60 and older throughout their service area.

The participants have benefited from the meals and experienced positive health outcomes and better management of their chronic diseases.

Meals are available at various congregate sites and are also

provided to home delivered meal participants five days per week. Some diet options provided are diabetic, renal, low sodium, pureed, mechanical soft and cardiac. The menu offered to the participants is reviewed and approved by a Registered Dietitian and each meal meets one third of the daily nutrition requirements.

For more information on the program, go to:

[ECIAAA Congregate Meals](#)

[ECIAAA Home Delivered Meals](#)



Information/Events

Join the Academy of Nutrition and Dietetics to learn more about CONNECT- a feasibility study funded by the Administration on Community Living. This study is designed to test a new referral process that will allow continuity of nutrition care for malnutrition treatment across settings and will measure changes in food security, malnutrition status, and quality of life in patients 60 years and older who are eligible for Title III C1 or Title III C2 meal provision services. Financial support is available for acute care hospital/ community site pairs that successfully participate in the study.

We hope you will join us on Thursday, July 27th at Noon Central to learn more about CONNECT.

[Register Here](#)

<https://www.surveymonkey.com/r/CONNECTwithUs>

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For additional information on assistance programs
for older adults go to:

[Assistance Programs For Older Adults](#)

For a handy resource to find food
assistance in Illinois click [Find Food IL Map](#)

Nutrition Advisory Council Meetings
October 12, 2023
January 11, 2024

9:30-11:00 am
Location and Details TBA

For previous editions of the Newsletter or to find the newsletter offered in a different *language Click here [Newsletter](#)

*Translated versions of the newsletter may not be posted on the site right away. Please check back often!

Note: *The content of this newsletter is not intended to diagnose, cure, or treat any medical, health or other condition. You should seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.*

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