

# *Nutrition and Wellness Newsletter*

## *March/April 2023*



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**SENIOR NUTRITION PROGRAM**  
CELEBRATE • INNOVATE • EDUCATE

### *Celebrate Our Senior Nutrition Programs!*

Now that spring is right around the corner, we look ahead to the warmer months. Our Senior Nutrition are celebrating over 50 years of service which started back in 1972. The theme is "**Make Your Mark, One Bite at a Time**". As older adults we hope to stay active and eat healthy as we age. We need to fuel our bodies and minds so we feel great, keep a healthy weight, keep our minds sharp, and keep our muscles and bones healthy so we can complete our daily tasks.

Click : [Eating Right Tips For Older Adults](#) for some nutrition tips with a focus on two tips below.

#### **Make half your plate fruits and vegetables!**

Shop for fruits and vegetables that are in season and have them on hand throughout the week for meals and snacks. Shop at Farmer's Markets and the fresh produce aisle to have healthy choices on hand. For more information on Senior Farmer's Market Programs and how to get signed up go to: [Senior Farmer's Market Program](#)

Try to eat 5 fruit and vegetable servings per day as a general rule. For example, one fruit serving at breakfast, lunch and

dinner and one vegetable serving at lunch and dinner is an easy rule to follow. Try a variety of delicious choices to get the nutrients to fuel your body!

### **Make half your grains whole grains!**

Older adults need fiber and B vitamins such as B12, which our body doesn't absorb as well as we age. Grains give us energy to fuel our bodies throughout the day. Choose high fiber cereals, breads, crackers and noodles made with 100% whole grain. Brown rice, whole grain tortillas, oats, bulgar, and millet also count as whole grains. SNAP or Supplemental Nutrition Assistance Program can provide a supplemental amount of money each month for older adults to purchase healthy foods. For more information on this program go to: [SNAP](#)

## **National Volunteer Week is April 16-22, 2023**

The senior nutrition programs throughout the state rely on volunteers to help deliver meals and assist at congregate sites and often times those receiving the meals are also volunteers helping out other older adults in their community. Nutrition providers need a system of checks and balances to manage the volunteers in their programs. Learning how to gain new volunteers, retain current volunteers, promote the benefits of volunteering, managing the volunteers' schedules, and developing and maintaining good and rewarding relationships with volunteers is essential in helping programs be successful. For some helpful tips regarding volunteers, go to this helpful guide from the Administration on Community Living. [Volunteers](#)

Try these activities to challenge your brain and learn about nutrition:

[Nutrition Crossword](#)

[Nutrition Word Search](#)

## Recipe Box

Enjoy these recipes in the upcoming months:

[Pasta Salad](#)

[Picadillo](#)

[Fresh Fruits and Vegetables Recipes](#)



## Nutrition Programs Spotlight

**Department of Family and Support Services** in the city of Chicago has their meals provided by Open Kitchens which moved into a new facility. The facility is 55,000 square feet and delivered over 4,500,000 home delivered meals in the past year. Open Kitchens employs over 250 staff, has 100 delivery routes, and 25 drivers delivering meals. They have also teamed up with a local company called Momma Gourmet which prepares pureed meals in the new facility for participants who need this service. They now have oven, freezer and refrigerator equipped delivery vehicles which monitor food temperatures to assure proper temperatures are maintained during the routes. See photos below courtesy of Open Kitchens.



**Ageguide Northeastern Illinois**, an Area Agency on Aging in northern Illinois, collaborated with The Chop Shop in Morris, Illinois to offer nutritious meals for older adults in Grundy County. The Chop Shop offers meals for adults 60 and older through a Community Dining Site available three days per week which was a joint collaboration between Illinois Department on Aging, Age Guide Northeastern Illinois and The Chop Shop. The menu offered to the participants is reviewed and approved by a Registered Dietitian and meets one third of the daily nutrition requirements. For more

A group of five women are standing in front of a restaurant bar, holding a large white sign. The sign reads: "CONGRATULATIONS ON YOUR NEW RESTAURANT DINING SITE!" and features logos for IDA, AgetGuide, and ACL. The sign also includes text about the program's purpose and funding. The women are dressed in casual attire, and the background shows a well-lit bar area with shelves of bottles and string lights.



### Information/Events

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

[Assistance Programs For Older Adults](#)

Next Nutrition Advisory Council Meeting  
April 13, 2023

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

\*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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