

Nutrition and Wellness Newsletter

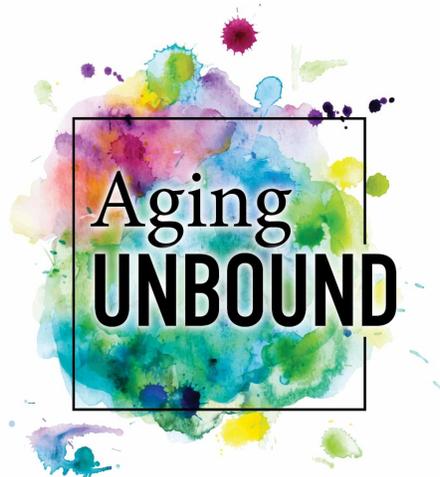
May/June 2023



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AGING UNBOUND: MAY 2023



Celebrate Older Americans Month!

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens. This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

Here are some ways we can participate in Aging Unbound, and celebrate the 60th anniversary of OAM:

1. Embrace the opportunity to change. Invite new opportunities and activities in your community to bring in more growth, joy and energy.

2. **Explore the rewards of growing older** . We gain knowledge as we age which provides a deeper understanding of our environment and allows us to always continue learning by reading, listening, and experiencing the world around us by participating in creative, enjoyable activities.

3. **Stay engaged in our communities** . We can stay connected and involved by volunteering, working, mentoring, and participating in activities at social clubs or the local senior center.

4. **Form relationships with others in our communities**. Forming relationships is an essential component of our overall well-being. Communicating and forming bonds with others enhances our quality of life by introducing new ideas and unique perspectives. By investing time with others, we can develop deeper connections with family, friends, and community members.

For more information go to [Older Americans Month](#)

June is National Fresh Fruit and Vegetable Month

Seasonal fresh fruits and vegetables can be found in grocery stores and farmers markets near you. It is easy to find tasty and healthy options. Go to link: [Farmers Markets](#) to find Community Supported Agriculture (CSA), Farmers Markets, On Farm Markets, and Food Hubs near you.

Need a few more reasons to eat a variety of fruits and vegetables?

Click [here](#) learn more about how adding color to your plate can improve your health!



Focus on Berries

Types of berries

Strawberry, Blueberry, Raspberry, Blackberry, Boysenberry, Huckleberry, Black Crowberry, Cape Gooseberries, Loganberries, Mulberries, Cranberries Fresh, Cranberries Dried, Elderberries, Salmonberry, Wild Blueberries, Black Currants, Red Currants

Description

Berries range in color, including shades of red, blue, purple, and green. When in season, strawberries are very sweet, while blackberries and raspberries taste more

tart.

Buy Berries

- Look for berries that are dry with tight skin, rich color, and without bruises or mold.
- Shake the container to make sure the berries move freely. If they don't, that might indicate spoiled or moldy berries.
- Strawberries should smell sweet.
- Berries can also be purchased frozen.

Store Berries

- Only wash berries right before you plan to eat them.
- Berries are very perishable and should be kept in the refrigerator to keep them fresh.
- Store unwashed berries with a paper towel above and below them to keep them fresher.
- Eat berries within 2-3 days.
- You can freeze ripe berries in an airtight container or bag if they won't be eaten within 2-3 days of purchasing; be sure to wash them first and remove any damaged berries.

Ways To Use Berries

- Wash berries in a colander and pat dry with a clean cloth or paper towel.
- Remove the caps from strawberries with a knife or your fingers.
- Eat whole or sliced.
- Add fresh or frozen berries to smoothies.
- Top your cereal or yogurt with berries and sprinkle with a little cinnamon.

Why Berries Are Great

- Vitamin C keeps our immune system strong and helps our bodies heal quickly.
- Vitamin K helps our bodies heal quickly.
- Fiber helps with healthy digestion and keeps us feeling full. Eating enough fiber has been shown to keep our hearts healthy too.
- Manganese helps to keep our bones and nervous system healthy.
- Antioxidants help keep free radicals under control.
- Berries have anti-inflammatory effects on the body.



Focus on Bell Peppers

Peppers are fat free, saturated fat free, cholesterol free, low sodium, and high in Vitamin C.

Top 10 Ways to Enjoy Bell Peppers

10. **A Colorful Side.** Bell peppers are available in green, red, yellow, orange and even purple, making it easy to add color to your plate! If a recipe calls for one color, be adventurous and try another ... or several others!
9. **Stuff them.** Make your own mixture of beans, brown rice, vegetables, and seasoning ... then stuff your bell peppers to the hilt! Bake and enjoy.
8. **Dice & Toss.** Dice any color bell pepper and toss it on a pizza before baking, into pasta sauce as it cooks, or into an omelet before you fold it.
7. **Sizzle.** Toss a bell pepper in the wok the next time you crave a stir-fried meal.
6. **Add Texture to Almost Any Dish .** Bell peppers are a simple addition to main dishes. Try them in pasta primavera, soups, stews, or chicken or tuna salad.
5. **Stack & Wrap.** For extra crunch, color, flavor and nutrition, stack slices of any color bell pepper on wraps and sandwiches.
4. **Be Green-er.** For extra color and flavor, add sliced or diced bell peppers to your favorite green salad.
3. **An Even Better Chili.** Bell peppers embellish many prizewinning chili recipes. Try some in your next pot of chili.
2. **Grill them!** Bell peppers taste great right off the grill (indoor or out). Just brush with olive oil and sprinkle on a little salt before grilling.
1. **Just Slice and Enjoy.** Bell peppers make a tasty addition to a raw veggie tray and are delicious with many kinds of dip.

Exercise Tips

Now that the weather is getting warmer, we can go outside for a walk and enjoy the outdoors. Walking every day on an inside track at a gym, in the area shopping mall, or outdoors when the weather is nice is a good way to keep our bodies moving and keep our muscles strong.

Try these links for ideas to increase your activities and exercise:

[What's Your Move?](#)

[Exercise Tips](#)

Recipe Box

Enjoy these recipes in the upcoming months:

[Red and Yellow Bell Pepper Omelet](#)

[Strawberry Parfait](#)

[Easy Weeknight Stir Fry](#)



Nutrition Program Spotlight

West Central Illinois Area Agency on Aging in Quincy, Illinois provides older adult services for Adams, Brown, Calhoun, Hancock, Pike, and Schuyler counties in Illinois. They provide meals for adults 60 and older through Meals Plus for Seniors Meal Program located in Quincy. In the past year, they provided 124,895 home delivered meals and 27,895 congregate meals to eligible older adults in their service area. Meals are available at various congregate sites five days per week. The program also provides three meals per day to approximately 50 residents who live on the upper floor of the building. 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 information on the program, go to [West Central Illinois Area on Aging](#) and click on Nutrition and Meal Programs.



Information/Events

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

[Assistance Programs For Older Adults](#)

Next Nutrition Advisory Council Meeting

July 13, 2023

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](#).

*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.*

Visit our Website



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