

Nutrition and Wellness Newsletter

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Stacey Malone, MS, RDN, LDN
Registered Dietitian Nutritionist



What is Malnutrition?

Malnutrition is defined as a state of deficit, excess, or imbalance in protein, energy, or other nutrients that adversely affect an individual's body composition, function, and clinical outcomes.

It can result from undernutrition or overnutrition and can affect anyone, but older adults over 65 years are at an increased risk.

Undernutrition is caused by not consuming enough calories,

protein, or other nutrients. This can occur because of an illness or surgery that impacts appetite or food consumption.

Overnutrition is caused by consuming more calories than a person needs and not enough nutrient rich foods. This can lead to vitamin, mineral or protein deficiencies.

Common Causes of Malnutrition:

- Reduced appetite
- Poor dental health
- Chronic medical conditions
- Depression
- Living alone
- Limited Income

Facts Regarding Malnutrition and Older Adults

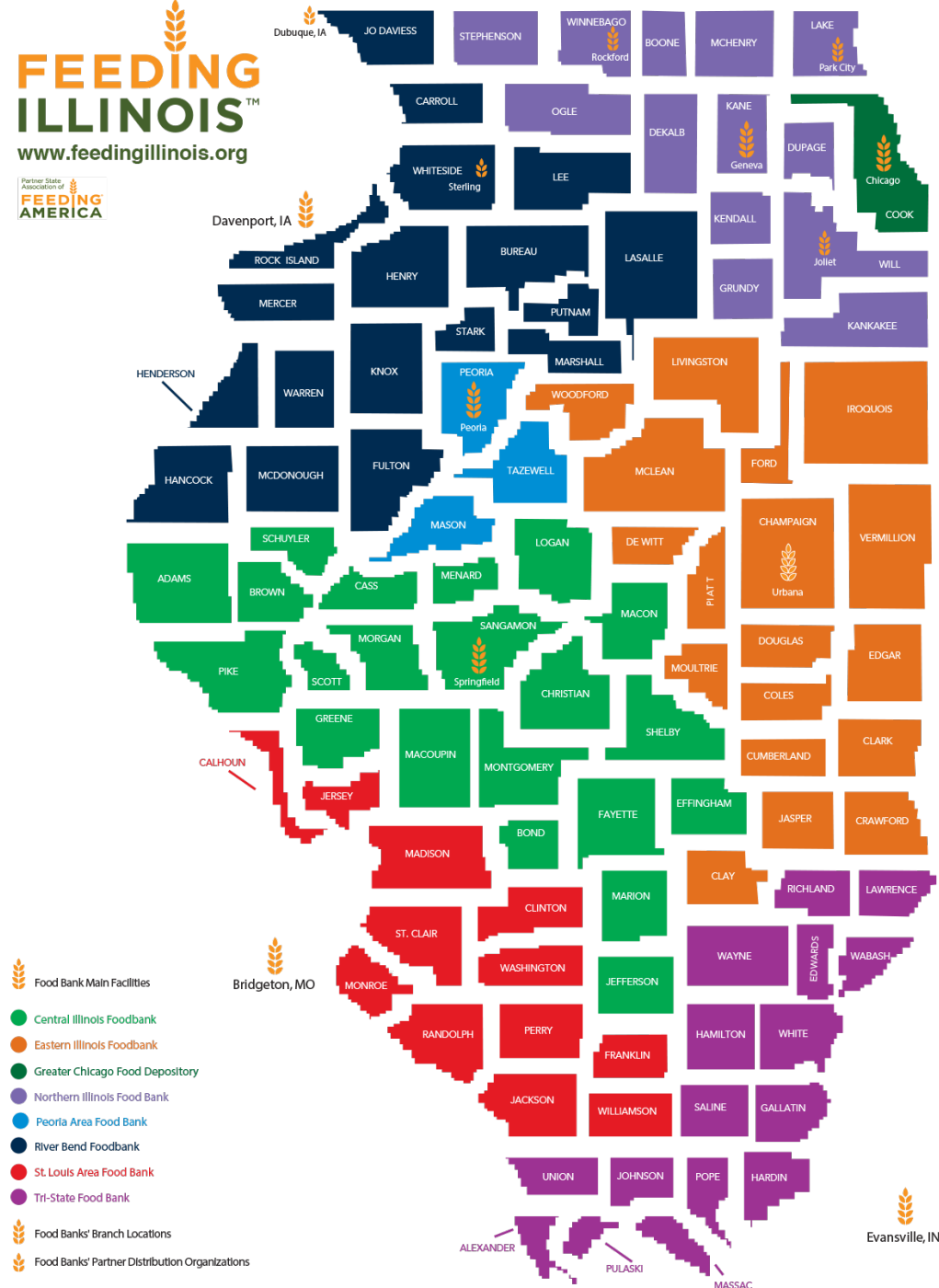
- 1 out of 2 older adults is at risk for malnutrition or is already malnourished.
- 16% of independent older adults are at high risk for malnutrition.
- Approximately 60% of older adults in health care settings are malnourished.
- Nine million older adults cannot afford nutritious food.
- Federal Poverty Guidelines 2023
- 25% or 1 in 4 adults aged 65 years or older either reduces meal sizes or skip meals.

Click here to watch a short video about prevention of Malnutrition in Older Adults by Alliance for Aging Research

Malnutrition Screening Guidance for AAAs and Nutrition Providers

Food Banks and Food Pantries in Illinois

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Food Banks in Illinois

A food bank is a warehouse that stores food and other necessities which are distributed to food pantries and other nonprofit organizations.

A food bank stores food and supplies for safe-keeping and does not serve the public directly, unless there is a pantry attached to the food bank.

Food banks often hold millions of pounds of food at a time, though the size and volume of the food bank will vary from place to place.

There are seven food banks that serve people in Illinois. Three are

actually located in Illinois. Take a virtual tour of the Central Illinois Food Bank in Springfield, Illinois [Here](#)

Food Pantries in Illinois

Food pantries are distribution centers where the public can go for food and hygiene products.

Food pantries serve as a direct line to families and individual clients in need.

Food pantries can be accessed as:

1. Mobile pantries on wheels
2. Location in a food bank, church, school, college, homeless shelter, or community center.
3. Soup kitchens or nutritious hot meal programs.
4. Independent pantries that rely on donations and grant funding.

There are over 650 food pantries in Illinois. Find out more about food pantries in your area [here](#)



Food banks have developed new nutrition policies to assure the foods offered are healthy choices for participants in the program.

The foods are divided into green, yellow, and red categories.

- A food in the green category is a food to choose often as it is low in saturated fat, sodium, or sugar and contributes to good health.
- A food in the yellow category is a food to choose sometimes as it has a medium level of saturated fat, sodium, or sugar

and can be beneficial to your health.

- A food in the red category is a food to choose rarely as it has a high level of saturated fat, sodium or sugar and has a negative effect on your health.

Top 10 Healthy Food Items at Foodbanks and Food Pantries

10. Fresh Produce (If Available)

Farmers may donate fresh produce which would be a healthy choice full of vitamins, minerals, antioxidants and fiber.

9. Canned Beans

Loaded with protein and fiber, canned beans provide an excellent, nutritious way to fill a hungry tummy. Choose low-sodium varieties whenever possible which are those with 140 mg or less of sodium per serving.

8. Canned Chicken

It's simple to toss this non-perishable item into soups and casseroles or add it to a sandwich or cracker. Its versatility and high protein content make it a popular item at food banks.

7. Canned Fish (Tuna and Salmon)

Canned fish has vitamins, omega-3 fatty acids and protein, and it makes for a quick and easy meal.

6. Canned Vegetables

Colorful, nutrient-dense and fiber-rich vegetables are a healthy choice, and canned varieties last the longest on a food bank's shelves. Choose low-sodium options which are those containing 140 mg or less per serving.

5. Fruit (Canned or Dried)

Fruit, whether dried, canned or in plastic cups, such as applesauce, makes an excellent snack and provides nutrition and fiber. Choose those that are packed in water or fruit juice rather than sugary syrups.

4. Nuts

A handful of nuts provides protein and nutrients in a hurry and is perfect for snacks and lunches. Food banks have a hard time finding them due to their higher price, so donations are essential. Choose unsalted varieties when possible.

3. Whole Grain Pasta

This is a food bank staple since it's easy to turn into a meal. Whole grain varieties offer more fiber and nutrition than white pasta.

2. Peanut Butter

Peanut butter is versatile and it's high in protein, making it one of the most popular items at food banks. Look for varieties that are lower in sugar.

1. Brown Rice

It's filling, versatile and easy to prepare and store. Skip the white stuff and choose brown rice, when possible, because it provides more fiber. Quinoa is also a great item to choose.

A new House Bill was implemented affecting food banks.

Bill Number: House Bill 2879 has been signed into law as Public Act 103-0412.

Link: <https://www.ilga.gov/legislation/BillStatus.asp?DocNum=2879&GAID=17&DocTypeID=HB&LegId=148011&SessionID=112&GA=103>

Synopsis: Establishes the Illinois Farm to Food Bank Program within the Department of Human Services to expand the availability of local grown, raised, or processed foods for the state emergency food system. Also provides that this program shall target fruits, vegetables, meat and poultry, dairy, and eggs produced in Illinois. Contains additional provisions. (This program was started in 2021 with grant funding from United States Department of Agriculture).

Effective Date: Immediate, August 3, 2023

Food acquired via this program must be from Illinois producers and must meet market-grade quality and consumption levels. However, much of the food going to the program is excess food that would have been wasted without foodbanks as an outlet. The lack of centralized donation program was a barrier to farmers looking to donate in the past.



Fall Healthy Recipes

Recipe Box

Enjoy these fall recipes in the upcoming months:

[Healthy Pumpkin Bread](#)

[Fruity Guacamole Dip](#)

[Immunity Soup](#)

[Caramel Apple Cookies](#)

[Spider Mini Pizzas](#) (below)





Nutrition Program Spotlight



PSA 8 Congregate Dining Site(above)

Age Smart Community Resources in O'Fallon, Illinois along with Illinois Department on Aging, provides older adult services in 7 counties which are Bond, Clinton, Madison, Monroe, Randolph, St.

Clair and Washington.

PSA 8 Age Smart Community Resources Programs

- *Bond County Senior Center
- *Clinton County Collaborative in Carlyle and Trenton
- *Madison County Senior Services Plus
- *Western Egyptian EOC in Chester and Waterloo
- *Northeastern Randolph County Senior Services
- *Steeleville Senior Center
- *St. Clair County Lessie Bates Seasoned Circle Cafe in East St. Louis
- *St. Clair County Mascoutah Senior Center
- *St. Clair County Millstadt Senior Center
- *Washington County Senior Services in Okawville and Nashville

Age Smart Community Services provides 10,000 congregate meals and 50,000 home delivered meals per month through their nutrition service providers. Two of the providers offer breakfast and eleven out of the thirteen locations offer weekend meals.

The area's congregate participation has increased significantly from this time last year due to Covid restrictions being lifted and continuing to offer Grab and Go meals.

The agency has collaborated with Mom's Meals to provide medically tailored meals. Diets available for those clients trying to manage their medical condition are diabetic, renal, pureed, and gluten free. 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.

To celebrate Senior Center Month in September, Senior Services Plus is hosting an Open House event on September 19, 2023. For more information on the programs in Age Smart Community Services area, go [Here](#)



PSA 8 Volunteers for Home Delivered Meals Program(above)



PSA 8 Kitchen staff preparing meals for home delivered meal participants(above).

Information/Events

Administration on Community Living (ACL) Nutrition and Aging Resource Center has developed ICAN learning modules for staff training on Older American Services for nutrition providers throughout the state. There are ten modules available and can be found [Here](#)

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

Details TBA

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

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