

SENIOR NUTRITION NEWS



MARCH 2018

Volunteers of America®
COLORADO BRANCH

Happy National Nutrition Month!



“Go Further with Food” is the Academy of Nutrition’s theme for 2018. Whether it is starting your day out with a healthy breakfast or packing a healthy lunch the food you choose

can make a difference. Preparing foods to go further at home and within our community can have a positive impact on reducing food loss and waste. The topic of food waste is getting a lot more attention these days. Not all food that is wasted can be saved and eaten, but it’s been proven that a lot of food waste could be prevented at home. Below are some tips for Eat Right and Reduce Food Waste.

Plan Meals Based on the Foods you already have on hand. Look in the refrigerator, freezer and pantry for foods that need to be used up. Write a list of ingredients needed. Buy only amount that can be eaten or frozen within a few days.

Get Creative with Leftovers. Turn meals into soups, salads, or sandwiches. Use as a topping for salads or cooked grains like rice or pasta. Combine to make soup, then enjoy or freeze for future use. **Master the Shelf Life of Foods.** Wait to wash produce until right before serving. Many foods and drinks purchased at the store include a date, which indicates when it should be used or sold by. Because these dates refer to the product’s quality, it doesn’t necessarily mean they should be thrown out. “Use by” or “best by” dates are found on foods such as mustard, ketchup, and dressings. These products usually don’t need to be refrigerated until opened. In many cases, they are safe to eat beyond the date as long as they have been stored properly. **Practice Good Food Safety.** Don’t risk eating or drinking anything that you suspect has spoiled. Eat leftovers within 3-4 days (or freeze up to 3 months). Place foods that could spoil quickly within sight, such as in front of the refrigerator.

For nutrition questions or to request a nutritional analysis of the meals call our

Registered Dietitian Kelsey at 303-294-0111 ext. 13124

Volunteers of America Nutrition Services are funded in part by the Denver Regional Council of Governments’ Area Agency on Aging under the Title III of the Comprehensive Older Americans Act. No person shall be excluded from program participation on the basis of race, color, national origin, sex, age, or disability.

If you are looking for assistance to remain independent in your home and engaged in your community, DRCOG may be able to help! They can:

- * Provide intensive short-term, Case Management services for people 60 and older
 - * Provide health care advocacy
 - * Help you remain active and independent
 - * Connect you with community service providers
- * Give hands-on assistance if you can't access resources on your own

303-480-6700

www.drcog.org

www.DRCOG.NetworkofCare.org



TRIVIA

C H A L L E N G E

Congratulations to February Winners: Justin Capps, Marina Banks, and Wilton Brown.

The question was: In which city is Fisherman's Warf?

The correct answer was: C. San Francisco

This month's question: The state of South Dakota is famous for which of the following?

- Mt. McKinley**
- Painted Desert**
- Death Valley**
- Mt. Rushmore**

*Mail Answers by February 21st to
Volunteers of America Meals on Wheels
2660 Larimer St., Denver, CO 80205
Please include your name and phone
number.*

WEATHER CLOSURES

The Meals on Wheels staff would like to make you aware of our **weather closure procedures**.

If Meals on Wheels is **closed due to weather**, local radio station **KOA/850 AM** and **news channels (2, 4, 7, 9, & 31,)** will broadcast that information and include it on their websites. If Meals on Wheels cannot deliver due to weather conditions, please use a meal out of your emergency box.

A reminder that volunteers must be able to deliver meals to you in person. They cannot leave meals outside, even if it's in a cooler or if you leave a note. If you know you will not be home, please call your local office at least 24 hours beforehand! Thanks!



Volunteers of America thanks you for your generous contributions to our programs!