



# Senior Nutrition News



## June is Fresh Fruits and Vegetables Month

### In-Season Superfoods

- Strawberries
- Cherries
- Blueberries
- Cantaloupe
- Fennel
- Lettuce
- Green onion
- Potatoes
- Parsley
- Kale
- Asparagus

Try adding at least one vegetable to each meal, yes even breakfast! Have eggs with spinach or mushrooms. Make a smoothie and add in kale. Have some breakfast potatoes with fresh chopped parsley.

Make it a challenge and try to vary your fruits and vegetables by trying something new.

### Farmer's Market Fresh

- Buy fresh and local fruits and vegetables, dairy, grains, and honey.
- If you participate in SNAP, you can get double your money for fresh fruits and vegetables with the Double Up Food Bucks program.
- Some vendors may have fresh sauces, salsas, or condiments which don't have processed ingredients.
- You can ask for samples to try out something new!



Many fresh herbs can also be purchased at farmers markets in the Summer. Herbs like rosemary, thyme, garlic, ginger and cinnamon have many health benefits. Instead of adding extra salt to a meal, add in some fresh herbs for added flavor. You will also be getting many health benefits like antioxidants, digestive support, heart health benefits and even some blood sugar regulation.

### Ingredients

- 4 ½ cups baby potatoes, cut in half
- 3 cups string beans
- ½ red onion, thinly sliced
- ¾ lemon, zested and juiced
- ⅛ cup olive oil
- ¾ tablespoons apple cider vinegar
- ¾ teaspoons kosher salt
- fresh cracked pepper
- 1 ½ green onion

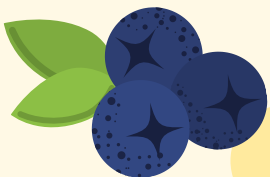
### Instructions:

1. Half the potatoes. Put in pot and fill with water until covered.
2. Boil potatoes until fork tender.

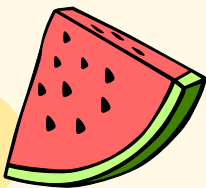
## String Bean & Potato Salad

3. Add string beans and boil until tender.
4. Drain potatoes and string beans
5. Combine lemon zest and juice, olive oil, apple vinegar, pepper and salt. Whisk to combine.
6. Slice and chop onions.
7. Add everything to one bowl and mix to combine.
8. Add dressing over top and toss to coat.





# Meals On Wheels



## June Updates

### Fall Prevention

Below are tips to maximize safety and prevent slips, trips, or stumbles.

- Make sure hallways and stairways are well lit, and remove any shoes, books, or other items that may be easy to trip over.
- Walking on smooth floors like wood or tile? Make sure to wear non-slip footwear like slippers or socks with rubber bottoms.
- If you have fallen or are worried of falling, talk to your healthcare provider about completing a fall risk assessment.

These tips will help keep you safe in your home!

R L L S M C V E X K  
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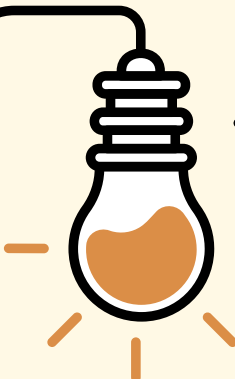
### Program Highlight Yard Angels

With summertime coming, right around the corner it is important to not push yourself when it comes to exhausting outside work.

If you are looking for assistance with yard maintenance, look no further! VOA’s Yard Angel’s program is a no-cost landscaping program. Generally, they will take care of raking, pulling weeds, mowing lawns, and trimming trees and bushes.

For more information or to sign up for the program, reach out to Jennifer Chokey at 720-264-3373.

### TRIVIA!



1929—The first color television was demonstrated in New York City on what day?

- A. June 12th                      B. June 27<sup>th</sup>  
C. June 2<sup>nd</sup>                        D. June 23<sup>rd</sup>

Please mail answers to our office at  
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