

SENIOR NUTRITION NEWS

september

WHOLE GRAIN MONTH



What is a whole grain? A grain is considered to be a whole grain as long as all three original parts – the bran, germ, and endosperm – are still present in the same proportions as when the grain was growing in the fields. **“Refined grain”** is the term used to refer to grains that are not whole, because they are missing one or more of their three key parts (bran, germ, or endosperm). White flour and white rice are refined grains, because both have had their bran and germ removed, leaving only the endosperm.

The Bran

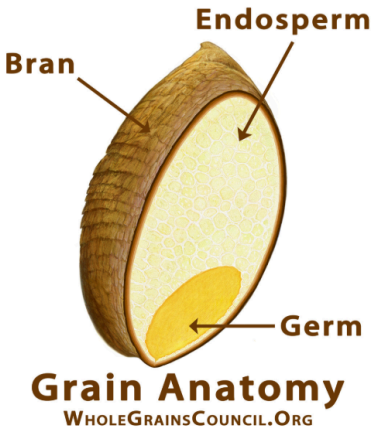
The bran is the multi-layered outer skin of the edible kernel. It contains important antioxidants, B vitamins and fiber.

The Germ

The germ is the embryo which has the potential to sprout into a new plant. It contains many B vitamins, some protein, minerals, and healthy fats.

The Endosperm

The endosperm is the germ’s food supply, which provides essential energy to the young plant. The endosperm is by far the largest portion of the kernel. It contains starchy carbohydrates, proteins and small amounts of vitamins and minerals.



30 EASY WAYS TO EAT MORE WHOLE GRAINS

during Whole Grains Month



#1 Use brown rice or sorghum in your next stir fry 	#2 Change up your sandwich routine – try an open-faced sandwich on a crispbread cracker instead	#3 Add whole grain farro or wild rice to your soups and stews	#4 Bulk up your favorite salad with some pre-cooked quinoa or bulgur	#5 Make mac & cheese with whole grain pasta 	#6 Look for sprouted grain chips or pretzels the next time you get a case of the munchies	#7 Swap your buttermilk pancakes for buckwheat pancake
#8 Create a grain salad side dish with sorghum, quinoa, or wheat berries and your favorite veggies. Top with a lemony vinaigrette	#9 Replace up to 50% of the white flour in your baking recipes with whole wheat flour without needing to make any other adjustments	#10 Make a whole grain risotto using millet or oats 	#11 Use whole rye flour in your cookies and pie crusts – you might never go back. Rye makes some of the TASTIEST baked goods	#12 Toast buckwheat in a frying pan and toss it in your salad for a crispy, crunchy topping	#13 Invite some friends over for a cheese tasting and use whole grain crackers	#14 Make chicken noodle soup with whole grain noodles
#15 Make tacos using whole grain taco shells or whole grain tortillas	#16 When serving a grain side, use brown, red, or black rice instead of white, or try a blend	#17 Add quinoa or oats to your morning smoothie 	#18 Make your own Mediterranean tabouleh with bulgur, known as the fast food of whole grains	#19 Host a tea party and serve whole grain scones or whole grain muffins 	#20 Try a grain bowl using your favorite grain as the base (quinoa, brown rice, farro, barley, freekeh)	#20 Pop sorghum like you would popcorn and toss with your favorite seasoning (it looks like miniature popcorn!)
#22 Make spaghetti with whole grain pasta 	#23 Make teff or amaranth porridge and top with your favorite fruit for a warm, comforting breakfast	#24 Customize your breakfast by making a different version of overnight oats or granola parfaits using different fruits for every day of the week	#25 Make whole grain pizzas and try cooking them on a grill 	#26 Enjoy some whole grain corn chips and dip	#27 Instead of using heavy cream when making soup, try cooking brown rice until it's soft and starchy and then pureeing it with milk to make a creamy whole grain thickener	#28 Take a granola bar on a hike with a friend
#29 Add a scoop of amaranth, or quinoa to your next breakfast burrito	#30 Look for the Whole Grain Stamp to guide you toward your next delicious whole grain adventure					



MORE RECIPES & IDEAS AT
WWW.WHOLEGRAINSCOUNCIL.ORG

MEALS ON WHEELS

SEPTEMBER UPDATES

SPECIAL DAYS IN SEPTEMBER!

- **SEPTEMBER 1ST - LABOR DAY**
- **SEPTEMBER 7TH - GRANDPARENT'S DAY**
- **SEPTEMBER 22ND - FIRST DAY OF FALL!**



FALL WORD SEARCH



FUN FACT!

As the weather cools down and the days get shorter, we welcome the first month of Autumn! **September 22nd, 2025**, marks the **Autumn Equinox**. An Autumnal Equinox is the point at which the sun is directly above the equator. When the sun sits directly above the equator, day and night are of equal length.

A LITTLE HELP

There are so many tedious tasks that come with the chilly weather that is right around the corner. A good way to prepare for the change in seasons is to have good resources you can easily contact.

A Little Help is a non-profit that aids seniors in yard work, transportation, home visits, and much more. They will pick up prescriptions from the pharmacy, they can assist with tricky technology and help with closet clean outs.

Basic eligibility requires that clients are 55 years of age or older and lives in a permanent address in their service area.

Want to apply? Fill out an application on their website today or call 720-242-9032.

TRIVIA

WHAT GEMSTONE REPRESENTS THOSE BORN IN SEPTEMBER?

- A. Ruby B. Opal
C. Sapphire D. Garnet



MEALS ON WHEELS REMINDER

When reaching out to the office regarding cancellations, questions, concerns, or compliments

**PLEASE CALL
303-294-0111**

Our program coordinators are always happy to assist. If you cannot get a hold of someone, please leave a message and will be returned as soon as possible.