



Senior Nutrition News

FALL PRODUCE

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|----------------|-------------------|------------------|
| • Apples | • Chard | • Okra |
| • Pears | • Green Beans | • Cabbage |
| • Cranberries | • Eggplant | • Mustard Greens |
| • Pomegranates | • Peppers | • Mushrooms |
| • Figs | • Cauliflower | • Leeks |
| • Grapes | • Parsnip | • Artichokes |
| • Potatoes | • Onion | • Fennel |
| • Squash | • Brussel Sprouts | • Edamame |
| • Pumpkin | • Broccoli | • Rutabaga |

ADD SOME SEASONAL HARVEST

This Fall season, add some seasonal food into your diet to add some nutritional benefits. **Pumpkin puree** is full of antioxidants and vitamins to help fight inflammation and support eye and immune health. **Pumpkin seeds** have magnesium, zinc, and healthy fats which are great for muscle health, calming stress and heart health. **Apples and pears** are full of fiber, which keeps you full for longer and helps regulate blood sugar. **Brussel Sprouts** contain vitamins C and K which are great for immune and bone health. **Squash** of all varieties are packed with vitamins and minerals. Butternut, acorn and spaghetti squash contain vitamin A, fiber, and potassium. They are also lower in calories but high in fiber, so you can have a higher quantity that will keep you full.

Try adding these foods into soups, salads, or sauces for extra nutrition!



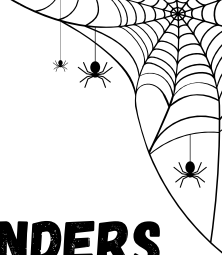
Healthy Pumpkin Bread

Ingredients

- 2 eggs
- 1/3 cup coconut oil
- 1/2 cup maple syrup
- 1 cup pumpkin puree
- 1 tsp vanilla
- 1 1/2 cups white whole wheat flour
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 tbsp pumpkin pie spice
- 1 cup chocolate chips/chopped pecans

Instructions

- 1.Preheat oven to 350F and line bread loaf pan (I used 8x4) with non-stick spray and parchment paper.
- 2.In a large bowl, whisk together eggs, oil, and maple syrup.
- 3.Add in pumpkin puree and vanilla. Set aside.
- 4.In a smaller bowl, mix together flour, baking soda, baking powder, salt, and pumpkin pie spice.
- 5.Add dry ingredients to wet ingredients and stir until combined.
- 6.Stir in any mix-ins that are desired, saving a few to sprinkle on top before baking.
- 7.Pour into greased baking dish and place in oven.
- 8.Bake for 45-50 minutes or until toothpick inserted in middle comes out clean.



Meals on Wheels

OCTOBER

HOW TO CALM YOUR MIND



TAKE A WALK
OUTSIDE



LISTEN TO
SOOTHING MUSIC



DRINK SOME
CAFFIENE-FREE TEA



CHAT ABOUT IT
WITH YOUR FRIENDS



WRITE IT OUT
TO GET IT OUT



CHALLENGE
YOUR THOUGHTS



PROGRAM REMINDERS

As we begin our transition from the busy summer season to the even busier winter season, here are some important reminders regarding your meal delivery!

- We ask that you kindly reach out to our mainline (303-294-0111) at least one day prior to any cancellations.
- Be on the lookout for your yearly reassessment call. Our reassessments happen once a year and they ensure that we have the necessary information to serve our clients! If you are unsure when your reassessment may be, please call our office.

Thank you for allowing us to assist you. We're grateful for the opportunity to support you, and we're committed to serving you better every step of the way.

BEING MINDFUL

In today's world, it is so easy for our thoughts to take control, causing stress and a constant feeling of being overwhelmed. Practicing mindful habits helps us stay calm and grounded, allowing us to fully experience and engage with the present moment. Here are some tips and tricks to help you practice mindfulness every day!

- **Journaling**- Whether it is a list of goals for your day or just putting the thoughts in your head onto paper, journaling is a helpful tool that allows you to slow down and see things from a different perspective.
- **Reflect Then Appreciate**- Taking a couple minutes each day to reflect on the good can stir up positive feelings. Ask yourself "what am I grateful for right now?"
- **"Transformational Listening."**- Transformational listening is an intentional form of listening where the focus is entirely on the speaker—not on your response, your agenda, or your next action. It's about being fully present, open, and receptive to what the other person is expressing, both verbally and nonverbally.

UPCOMING HOLIDAY

H A L L O W E E N

Our office will not be closed for this holiday

4915 E. 52nd Ave. Commerce City, CO, 80022
Mainline: 303-294-0111

OCTOBER TRIVIA

**WHAT IS THE SCIENTIFIC TERM
FOR THE FULL MOON IN
OCTOBER?**

- A. HUNTERS MOON B. ORANGE MOON**
C. PUMPKIN MOON D. BLOOD MOON