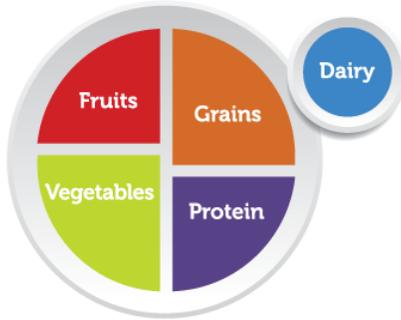


SENIOR NUTRITION NEWS

MARCH

National Nutrition Month

Back to Basics Nutrition



1. Know how to make a healthy plate. Try to base each meal off this MyPlate to ensure you are including all the food groups into your diet. Include lean protein, whole grains, fresh fruits and vegetables and a source of dairy.

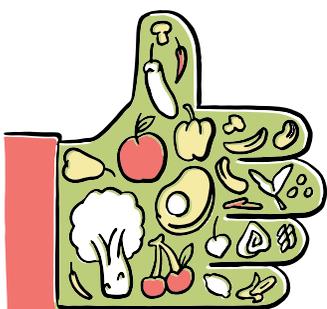
2. Know how to read a nutrition label. Understand the serving sizes per food item, look for sodium, added sugar and saturated fat content and know to limit these. Look for the fiber content and aim to get 21-30 grams per day of fiber.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
<hr/>	
Amount per serving	
Calories	230
<hr/>	
	<small>% Daily Value*</small>
Total Fat 8g	10%
Saturated Fat 1g	5%



3. Stay hydrated! Water is an important nutrient for our body too. Drink small amounts consistently throughout the day. Water is best. Limit fluids with added sugar and sodium like soda, juice, and sports drinks (unless your doctor recommends them.)

4. Meal plan and budget! Clip coupons, sign up for digital savings. Make your meal plan based off what is on sale that week to stretch your dollar. When buying canned goods look for "low sodium" options. Some food delivery services are accepting SNAP benefits for groceries as well.



5. Eat more whole foods! Whole foods include fruits and vegetables (fresh, frozen, unsweetened dried), meat and seafood, nuts seeds and beans, whole grains (brown rice, quinoa) plain yogurt, and eggs. Eat less highly processed foods like packaged breads and pastries, frozen dinners, instant noodles, jarred sauces, soda, granola bars, and chips.

Easy Balanced Dinner Ideas:

- Baked Salmon, asparagus, potato
- Shredded Chicken with BBQ, broccoli, and brown rice
- Pork Chop with peaches, zucchini, and quinoa
- Vegetable soup, wheat roll, and fruit
- Grilled cheese with ham on wheat bread with roasted vegetables

MEALS ON WHEELS NEWS

MARCH WORDSEARCH

O	C	P	R	J	G	O	L	D	Q	Y	I	P	G
X	W	A	P	I	R	E	L	A	N	D	Q	O	B
H	U	T	J	F	E	G	P	X	K	A	F	T	J
L	D	R	B	M	E	L	T	I	S	P	I	Z	L
U	O	I	Q	V	N	S	V	K	M	A	R	C	H
C	W	C	O	U	D	R	H	E	K	H	I	L	R
K	T	K	G	S	P	R	I	N	G	Y	S	O	D
Y	E	C	N	B	M	E	N	T	F	L	H	V	Z
A	N	I	R	A	I	N	B	O	W	U	S	E	A
L	E	P	R	E	C	H	A	U	N	V	C	R	M

SPRING GREEN PATRICK MARCH
 POT IRELAND RAINBOW LUCKY
 CLOVER LEPRECHAUN IRISH GOLD

A Simple Spring-Cleaning Guide for Seniors

Spring cleaning doesn't need to be overwhelming—just a few small steps can make your space feel lighter, safer, and more comfortable.

 **Declutter With Purpose**
 Keep what you love and use often. Donate items in good condition. Discard anything broken, expired, or unsafe.

 **Safety First**
 A safe cleaning routine is the top priority. Keep walkways clear of clutter and cords. Skip the stepstool—ask for help reaching high places. Use lightweight tools or long-handled dusters to reduce bending and stretching.

 **Maintain the Momentum**
 Once you've freshened things up, keep your home tidy with quick weekly touch-ups. Small habits add up and help your space stay clean year-round.

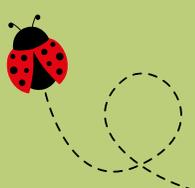
Handyman Program

Looking for help in the home? Look no further! VOA's Handyman Program assists seniors in the home with basic repair and safety needs such as, lightbulb replacements, grab-bar installations, and much more!

For more information or to fill out an application, please contact **Justin Conrad** at jconrad@voacolorado.org or call **720-246-3366**.

TRIVIA

What is the name of the famous Irish poet and playwright who wrote "The Importance of Being Earnest"
Write your answer below:



Program Requirements:

- Client must be 60 years of age or older.
- Client must be a homeowner.
- Client must live within service area.

Contact Us!

**Meals on Wheels
 Mainline:
 303-294-0111**