



Senior Nutrition News



JUNE

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!



Eat the rainbow! Try and eat fruits and vegetables of all colors.



Watermelon Salad with Feta

Honey Lime Dressing

- 2 tablespoons honey
- 2 tablespoons lime juice
- 1 to 2 tablespoons quality extra virgin olive oil
- pinch of salt

Ingredients:

- 1/2 watermelon peeled, cut into cubes
- 1 English or Hot House cucumber, cubed (about 2 cupfuls of cubed cucumbers)
- 15 fresh mint leaves, chopped
- 15 fresh basil leaves, chopped
- 1/2 cup crumbled feta cheese, more to your liking

Instructions:

1. **Make the dressing:** In a small bowl, whisk together the honey, lime juice, olive oil and pinch of salt. Set aside for a moment.
2. **Make the Salad:** In a large bowl or serving platter with sides, combine the watermelon, cucumbers, and fresh herbs.
3. **Finish and Serve:** Top the watermelon salad with the dressing and gently toss to combine. Top with the feta cheese and serve!



Meals on Wheels



JUNE



Trivia

What natural disaster occurred on May 18, 1980?

1. San Francisco Earthquake
2. Tri-State Tornado
3. Eruption of Mt. St. Helens
4. Galveston Hurricane



SUMMER

Word Scramble



Unscramble the ten summer themed words below.

1. SLCOPEIP _____
2. NCAOE _____
3. NUNYS _____
4. SWRRBAITSREE _____
5. SNSLSSAGUE _____
6. GRNSUIF _____
7. TWMISUSI _____
8. CMNAPGI _____
9. OTORODSU _____
10. ASELBBAL _____

Food Safety

Meat Temperature Safety Guide



POULTRY	
White Meat	160°F, 71°C
Dark Meat	165°F, 75°C
Ground Poultry	165°F, 75°C



PORK	
White Meat	145°F, 63°C
Dark Meat	160°F, 71°C
Ground Pork	160°F, 71°C



BEEF	
Rare	120°F, 40°C
Medium-Rare	130°F, 55°C
Medium	140°F, 60°C
Medium-Well	150°F, 63°C
Well-Done	155°F, 70°C
Ground Beef	160°F, 71°C



LAMB	
Medium-Rare	125°F, 52°C
Medium	130°F, 55°C
Medium-Well	145°F, 63°C
Well-Done	150°F, 65°C
Ground Lamb	160°F, 71°C



SEAFOOD	
Fish with Fins	145°F (63°C)
Shrimp, Lobster, Crab, and Scallops	Cook until flesh is white and opaque
Clams, Oysters, Mussels	Cook until shells open



Resource

The Senior Resource Center in Denver provides a variety of different cleaning services to clients in these counties: Adams, Arapahoe, Broomfield, Denver, Douglas, and Jefferson. Services include minor upkeep such as: Dusting, vacuuming, replacing light bulbs, changing batteries and mopping floors. They also provide deep cleaning and clutter removal like packing, downsizing, or de-cluttering, carpet cleaning, and deep cleaning of hard-to-reach places. For more information, please call 303-238-8151