

## NUTRITION EDUCATION *cont.*

**Oats** - Are a whole grain, a source of (soluble and insoluble) fiber and contain many vitamins and minerals. This hearthealthy option will last in your pantry for up to two years.

**Jerky** - Is high in protein and contains zinc, vitamin B12, phosphorus, folate. Shelf-life of 1–2 years, jerky is in it for the long haul.

**Canned fruits and vegetables** - Will last 1–3 years in your pantry and contain a mix of vitamins and minerals. Be mindful of the added sugar content and opt for fruits and veggies canned in water if you're looking to lower your added sugar intake.

**Rice** - Is another great option when it comes to shelf-stable foods. Brown rice is a whole grain and thus contains more fiber than white rice will still last you about six months if stored in an airtight container.

**Pasta** - Will last you 1–3 years. Whole wheat pasta contains more fiber. Both white and whole grain contain similar amounts of selenium, protein and iron.

**Nut butter** - Easily portable, tasty and shelf-stable, nut butter is a great option. Most nut butters last about one year and contain a mix of dietary fats.

**Dried beans** - Are the hidden gem of shelf-stable foods. If beans are dried, they'll last almost indefinitely. Be careful to store them in a dry place, as moisture or condensation can lead to spoilage.

We hope this list is helpful as you grocery shop with longevity in mind. And remember: While many consumers may have heard that “healthy” foods are only found along the perimeter of the grocery store, this list shows that nutrientdense foods are found all throughout the store!

*Thank you to our menu sponsor!*

To learn more call 719-314-2327  
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**CONNECTIONS CAFÉ**  
**October 2025**



## NUTRITION EDUCATION: 12 NUTRIENT DENSE FOODS WITH A LONG SHELF LIFE

As we enter the colder months, grocery shopping in an efficient and safe manner continues to be top-of-mind. While it's ideal to have a mix of fresh, frozen, canned and packaged foods in your kitchen, foods with a longer shelf life in particular can be helpful in reducing the frequency of your grocery trips. Plus, when it comes to foods with longer shelf lives, you won't have to worry about spoilage quite like you do with fresh foods, which can translate to less food (and money) being wasted. Read on to see our list of nutrient-dense, shelf-stable foods that will keep you stocked and ready for several weeks to months (or more!).

**Potatoes** - Contain vitamin C, potassium, folate and vitamin B6. Potatoes should last 2–5 weeks if stored in a cool, dry, dark place, such as a pantry cabinet.

**Onions** - Onions will last 1–2 months if stored properly in a cool, dark, place. Don't store them with your potatoes; the gases these foods give off can cause one another to spoil more quickly.

**Apples** - Contain vitamin C and potassium. Fresh apples will keep for 5–7 days or will last up to six months if stored at 30–40°F.

**719-884-2300**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Lasagna Roll w/Meat Marinara Sauce, Broccoli Pear Milk	<b>2</b> Chicken Cordon Bleu Sweet Potatoes w/ Figs & Nuts, Peas & Carrots Orange & Milk	<b>3</b> Slow Roasted Mashed Potatoes, Peas, Roll w/ Butter, Pear Cup Milk
<b>6</b> Chicken Alfredo WW Pas- ta, Peas Tropical Fruit Cup Milk	<b>7</b> Sweet and Sour Beef w/ Rice, Asian Veg, Peaches & Creme Cup, High Fiber Cookie & Milk	<b>8</b> Cheese Ravioli Succotash Roll w/ Butter Mango Cup Milk	<b>9</b> Southwestern Chicken w/Cheese Spanish Rice, Pinto Beans Pineapple Cup Milk	<b>10</b> Beef Pot Pie w/ Buttermilk Biscuit Lima Beans Blueberry Cobbler Milk
<b>13</b> <b>Silver Key            Closed            (Indigenous            People's Day)</b>	<b>14</b> Teriyaki Meatballs Pork & Beef Brown Rice, Succotash Orange & Milk	<b>15</b> Breaded Pollock Mac & Cheese, Brussels Sprouts w/ Parm Apple, Milk	<b>16</b> Beef Chili w/Baked Potato w/Sour Cream Peaches & Crème Cup Milk	<b>17</b> Chicken Parmesan w/Pasta Capri Blend Veg Pear, Milk
<b>20</b> Pork Chop Mashed Potatoes Succotash Apple & Milk	<b>21</b> Chicken Chimichanga w/ SW Black Beans Spanish Rice Mango Cup, Milk	<b>22</b> <b>Chef's Choice            Beef</b>	<b>23</b> Meatballs Pork & Beef w/ Marinara & Parm WW Pasta, Succotash Applesauce Cup, Milk	<b>24</b> Lemon Pepper Chicken w/Rice, Lima Beans Mandarin Orange Cup Milk
<b>27</b> Creamy Mushroom Soup, Sweet Potatoes w/Figs & Nuts, Succotash Applesauce Cup, Milk	<b>28</b> Chicken Piccata WW Pasta Winter Blend, Veg w/ Parm Pear Milk	<b>29</b> <b>Chef's Choice            Pork</b>	<b>30</b> Chicken & Dumplings Broccoli, HighFiber Cookie Strawberry Applesauce Cup, Milk	<b>31</b> Beef Goulash w/Cheese Green Bean Almondine Apple Milk

*Menu substitutions may occur without notice. Clients who take leftovers home do so at their own risk.*

Members are advised to keep a 3-day supply of nonperishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.

We value your feedback! At the end of the month, return your menu to your café specialist & write in a 1-3 rank on the day's entry.

**1 = Don't love it**

**2 = It's Good**

**3 = LOVE it!**