

PARTY DIPS

Perennial components of popular party dips, tomatoes and avocados can offer seniors a wide array of healthy nutrients. Salsa comprised of tomatoes, onions, peppers and other vegetables can part of the daily recommended vegetable intake, as well as antioxidants such as lycopene. Avocados, the main component of guacamole, are high in “good” fat, vitamin E, iron, and potassium, all of which deliver a host of health benefits to seniors. Hummus is another tasty dip that packs a nutritious punch. With chickpeas as the main ingredient, hummus is high in protein, dietary fiber and folate. Use any of these nutrient-dense dips to dunk veggies in or to add health benefits to a favorite summertime meal.

FROZEN TREATS

Nothing says summer like a popsicle or an ice cream cone. While both tend to be high in sugar, it’s okay to indulge in a sweet treat every once in a while—especially if it’s made with real ingredients. Ice cream certainly doesn’t have a reputation as a health food, but it boasts decent amounts of calcium and phosphorous, which are crucial for maintaining healthy bones. Don’t shy away from ice cream because of the fat content, either. Studies show that people who eat full-fat dairy tend to be slimmer than those who eat low-fat versions.

If dairy isn’t an option one or you’d prefer something fruit-based, try a fruit bar. Grab some popsicle molds (or some paper cups and craft sticks) and try making your own. Use a mix of your favorite fresh fruit and a splash of juice. You can even blend the fruit with some Greek yogurt for a creamy version. Regardless of what kind of chilled goodies you choose, just be sure to keep your serving sizes sensible.



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To learn more call (719) 314-2327 or visit www.rmhcare.org



Nutrition
Education

Healthful Summer Snacks for Seniors

POPCORN

Popular summer pastimes include going to the movies or attending a baseball game. Popcorn has been a staple at cinemas and ballparks for years, but it often gets a bad rap for being unhealthy. If you forgo the extra salt and butter, recent research indicates that popcorn may actually have health benefits.

Researchers have found polyphenols—a group of beneficial antioxidants—to be more plentiful in popcorn than certain fruits and vegetables. Popcorn is also a whole grain and an excellent source of dietary fiber for seniors.

If you stay in to watch a classic movie or catch a ball game on TV, try air-popping your own snack. Place a few tablespoons of kernels in a paper lunch bag, fold the top over and microwave for a few minutes until the popping is a few seconds apart. Making your own popcorn allows you to choose which seasonings and how much of them to use on this healthier version of the treat.

Connections Cafés at Acacia Park, Westside Community Center, Centennial Plaza, Murray

(Please visit silverkey.org/services/connections-cafe/ the day prior before 5 PM to reserve)

Week of 28th - 2nd	28 Roast Turkey w/ Gravy Mashed Potatoes Mixed Vegetables Apple	29 Broccoli Stuffed Chicken Breast Green Beans Sweet Potatoes Pineapple & Cookie	30 Hamburger w/ Lettuce, Tomato & Onion Carrots & Coleslaw Diced Pear	1 Chicken Piccata Pasta Blend Vegetables Peaches High Fiber Cookie	2 Swedish Meatballs w/ Noodles Peas & Carrots Tossed Salad Orange	Milk is served with every meal
Week of 5th - 9th	CLOSED FOR 4TH OF JULY HOLIDAY	6 Sweet & Sour Meatballs Broccoli Jasmine Rice Salad w/ dressing Pear	7 Egg Salad on WW Bread Tomato Soup Vegetable Salad w/ Dressing Orange	8 Swiss Steak Mashed Potatoes Peas Coleslaw Banana	9 Broccoli Stuffed Chicken Breast Green Beans Sweet Potatoes Pineapple Tidbits High Fiber Cookie	
Week of 12th - 16th	12 Chicken Taco Salad w/ sour Cream, Salsa and Avocado Corn Chowder Orange	13 Goulash Green Beans Salad w/ Dressing WW Bread Apple	14 Southwestern Chicken Peas & Carrots 3 Bean Salad WW Roll Orange	15 Beef Stir Fry Peas Brown Rice Asian Cabbage Salad Apple	16 Sandy's Chicken Chile Tortilla Broccoli w/ Cheese Carrot Raisin Salad Diced Pears	 Pikes Peak Area Council of Governments Communities Working Together
Week of 19th - 23rd	19 Pulled Pork Sandwich Corn Seasoned Pinto Beans Apple Sauce	20 Chicken Parmesan Pasta Cauliflower Salad w/ dressing Diced Pears WW Roll	21 Beef Stew Lima Beans Whole Wheat Roll Pineapple Orange Compote	22 Chicken Alfredo Penne Pasta Caesar Salad Peas Strawberries	23 Seasoned Cod/ Potato Medley Maple Glazed Carrots Banana Roll	
Dining from 11:30 am TO 12:30 pm	Reservations Required Daily		Reservations Required Daily		Reservation Required Daily	Dine In Menu

Menu substitutions may occur without notice. Clients are advised to keep a 3-day supply of non-perishable foods and bottled water in the event of inclement weather or other emergencies that may cause a temporary suspension of service.