

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.

Thank you to our menu sponsor.



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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.

Silver Key Senior Services | 719-884-2300 | www.silverkey.org

Connections Café Grab and Go Menu

(Please visit silverkey.org/services/connections-cafe/ the week prior to reserve a pick up)

Week of 28th - 2nd	Roast Turkey w/ Gravy Mashed Potatoes Mixed Vegetables Apple	Broccoli Stuffed Chicken Breast Green Beans Sweet Potatoes	Hamburger w/ Lettuce, Tomato & Onion Carrots	Chicken Piccata Pasta Winter Blend Vegetables High Fiber Cookie	Swedish Meatballs w/ Noodles Peas & Carrots Orange	Milk is served with every meal
Week of 5th - 9th	Vege- Burger w/ Lettuce, Tomato & Onion Corn	Sweet & Sour Meatballs Broccoli Jasmine Rice	Egg Salad on WW Bread Tomato Soup	Swiss Steak Mashed Potatoes Peas	Broccoli Stuffed Chicken Breast Green Beans Sweet Potatoes High Fiber Cookie	
Week of 12th - 16th	Chicken Taco Salad w/ sour Cream, Salsa Fruit	Goulash Green Beans Salad w/ Dressing Apple	Southwestern Chicken Peas & Carrots Orange	Beef Stir Fry Peas Brown Rice Apple	16 Sandy's Chicken Chile Tortilla Broccoli w/ Cheese Diced Pears	
Week of 19th - 23rd	Pulled Pork Sandwich Corn Seasoned Pinto Beans	Chicken Parmesan Pasta Cauliflower Salad w/ dressing	Beef Stew Lima Beans Whole Wheat Roll Fruit	Chicken Alfredo Penne Pasta Caesar Salad Peas Fruit	Seasoned Cod/ Potato Medley Maple Glazed Carrots Fruit	
	MONDAY St. Andrews Woodland Park CSSC Pikes Peak Towers Reservations Requested		TUESDAY Holiday Village Reservations Requested		WEDNESDAY Fountain Valley VSJ/VSM Monument Murray Reservations Requested	Grab N Go Pick Up 11:30 am TO 12:30 pm

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.