

Nutrition Education Continued...

Use herbs: Fresh herbs like dill, thyme, and rosemary are packed with flavor and highly nutritious. Try keeping herbs in a windowbox or garden to make sure that they're always at your fingers and use them liberally in dishes like roasted vegetables and simple stir fries. Bonus: you'll find that fresh herbs are so flavorful that you need less salt when using them.

Get grilling: Haven't used the grill since the kids lived at home? It's time to fire it up again. Try marinating vegetables and fish or lean meat in ziploc bags, then tossing them on the grill for a quick summertime meal. Cleanup is a snap, and you'll enjoy the fresh air!

Know how to portion: Years of hearing conflicting nutrition advice can make anyone want to throw up their hands in defeat when filling their plate. Luckily, experts have recently simplified things with the [MyPlate](#) system. The rule to remember? Fill half your plate with fruits and vegetables at each meal.

Blend it up: Have trouble eating enough fruit every day? Try blending your own morning smoothie to get your fill first thing in the morning.

Freeze fruit: Worried about overbuying produce at the farmer's market, only to watch it spoil before you can finish it? Good news: fruit freezes beautifully! Pack ziploc bags with fruits like strawberries and blueberries. Defrost them later for snacking, or throw them into the blender as-is for a deliciously chilly breakfast smoothie.

It can be tough to eat enough fruits and vegetables for anyone. Growing older can make proper nutrition even more difficult. But summer's bounty of fruits and vegetables isn't only healthy, it's delicious!



A Program of Rocky Mountain Health Care Services

Thank you to our menu sponsor.

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



August 2021
Grab and Go



Nutrition
Education

Healthy Summer Dietary Goals

Shop at farmers' markets: Sometimes it's lack of inspiration that sends us reaching for the local pizza place's take-out menu. Get fresh food on the brain by strolling through a farmer's market. See what's in season at the moment, and even try taking home produce you've never tried before. Not only can a farmers' market get you out of an eating rut, it's a great way to save money and get a bit of weekly exercise!

SNAP Bonus! Bring your EBT card to a participating farm stand! Pick out your Colorado-grown produce! When you go to pay with SNAP, get either **50% off your produce purchase** or get \$1 Double Up Food Buck for every \$1 you spend with SNAP. So if you spend \$5 you'll receive 5 Double Up Food Bucks, if you spend \$10, you'll receive \$10.



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 2nd - 6th	Mushroom Ravioli w/ Marinara Broccoli Fresh Fruit	Pepper Steak Brown Rice Lima Beans Dinner Roll	Bratwurst Cabbage/ Carrots WW M&M Cookie	Slow Roasted Beef Mashed Potatoes Peas Apple	Cod Piccata Wild & Brown Rice Broccoli Mandarin Orange High Fiber Cookie	Milk is served with every meal
Week of 9th - 13th	Breaded Catfish Wild & Brown Rice Peas Banana	Sloppy Joe Carrots Sugar Cookie Fruit	Pork Pot Roast w/ Onion Celery Carrots Potato Medley Orange	Meatloaf w/ Gravy Mashed Potato Peas and Carrots Orange	Chicken Chow Mein Brown Rice CC Cookie Fruit	Fountain Valley Senior Center is DINE IN ONLY from 8/9/21 forward. Please refer to DINE IN MENU
Week of 16th - 20th	Chicken Stir Fry Peas Brown Rice Asian Cabbage Slaw Apple	Meatballs w/ Marinara Pasta Broccoli WW Roll & fruit	Jerk Chicken Sandwich w/ Lettuce & Tomato Potato Soup Apple	Pork Carnitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Corn/ Black beans	Chicken Cacciatore Pasta Green Beans WW Roll Fruit	 Pikes Peak Area Council of Governments Communities Working Together
Week of 23rd-27th	Baked Ham Sweet Potatoes Broccoli WW Bread Fruit	Tuna Salad Croissant Chickpea Soup Apple	Beef Fajita w/ Peppers Onions, Cheese Tortillas. Rice, SW Black Beans	Chicken Pot Pie w/ Buttermilk Biscuit Lima Beans Pear	Crab Cakes Broccoli Cheddar Rice Green Beans Fruit	
Grab N Go Pick Up 11:30 am TO 12:30 pm	MONDAY CSSC St Andrews Reservations Requested	August 30 and 31 menu will be on September menu.	WEDNESDAY FVSC 8/4 ONLY VSJ/VSM Reservations Requested			Grab and Go 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.