

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

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



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.



(Please visit silverkey.org/services/connections-cafe/ the day prior, before 12 PM, to reserve)

<p>Week of 2nd - 6th</p>	<p>2 Mushroom Ravioli w/ Marinara Broccoli Salad/dressing Diced Pears</p>	<p>3 Pepper Steak Brown Rice Lima Beans Dinner Roll Strawberries</p>	<p>4 Bratwurst Cabbage/ Carrots Potato Salad Banana WW M&M Cookie</p>	<p>5 Slow Roasted Beef Mashed Potatoes Peas Carrot Raisin Salad Apple</p>	<p>6 Cod Piccata Wild & Brown Rice Broccoli Mandarin Orange High Fiber Cookie</p>	<p>Milk is served with every meal</p>
<p>Week of 9th - 13th</p>	<p>9 Breaded Catfish Wild & Brown Rice Peas Spinach Salad Banana</p>	<p>10 Sloppy Joe Carrots Coleslaw Pineapple Sugar Cookie</p>	<p>11 Pork Pot Roast w/ Onion Celery Carrots Potato Medley Orange</p>	<p>12 Meatloaf w/ Gravy Mashed Potato Peas and Carrots Three Bean Salad Orange</p>	<p>13 Chicken Chow Mein Brown Rice Asian Vegetables Pear CC Cookie</p>	
<p>Week of 16th - 20th</p>	<p>16 Chicken Stir Fry Peas Brown Rice Asian Cabbage Slaw Apple</p>	<p>17 Meatballs w/ Marinara Pasta Broccoli WW Roll Strawberries</p>	<p>18 Jerk Chicken Sandwich w/ Lettuce & Tomato Potato Soup Coleslaw Apple</p>	<p>19 Pork Carnitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Corn/ Black beans Peaches</p>	<p>20 Chicken Cacciatore Pasta Green Beans WW Roll Diced Pears</p>	
<p>Week of 23rd-27th</p>	<p>23 Baked Ham Sweet Potatoes Broccoli WW Bread Peaches</p>	<p>24 Tuna Salad Croissant Chickpea Soup Sunflower Broccoli Salad Apple</p>	<p>25 Beef Fajita w/ Peppers Onions, Cheese Tortillas. Rice, SW Black Beans Strawberries</p>	<p>26 Chicken Pot Pie w/ Buttermilk Biscuit Lima Beans Tossed Salad Dressing Pear</p>	<p>27 Crab Cakes Broccoli Cheddar Rice Green Bean Almandine Applesauce</p>	
<p>Dining from 11:30 am TO 12:30 pm</p>	<p>August 30 and 31 menu will be on September menu.</p>		<p>Reservations Required Daily</p>			<p>Dine In Menu</p>