

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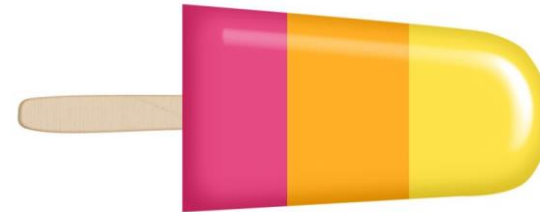
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To learn more call (719) 314-2327 or visit www.rmhcare.org

July 2022



Silver Key Home Delivered Meals



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.

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					1 Sandy's Chicken Chile Tortilla Broccoli w/ Cheese Carrot Raisin Salad Diced Pears & Milk	2 Pesto Chicken Florentine Rice Carrots Whole Grain Roll Strawberries & Milk
3 Yankee Pot Roast w / Gravy Baked Potato Medley Maple Glazed Carrots Apple & Milk	4 HOLIDAY INDEPENDENCE DAY	5 South Western Chicken Peas & Carrots 3 Bean Salad WW Roll Orange & Milk	6 Bratwurst, Cabbage & Carrots, Potato Salad, Bread, Banana M&M Cookie & Milk	7 Goulash Green Beans Salad w/ Dressing WW Bread Apple & Milk	8 Breaded Fish Sandwich Corn, Cole Slaw Spiced Peaches & Milk	9 Chicken al a King Jasmine Rice Green Beans Carrot Raisin Salad Apple & Milk
10 Swedish Meatballs w/ Noodles Peas & Carrots Tossed Salad w/ Italian Dressing Orange & Milk	11 Seasoned Cod/ Potato Medley Maple Glazed Carrots Banana Roll & Milk	12 Egg Salad Sandwich Tomato Basil Soup Tossed Vegetable Salad w/ Dressing Orange & Milk	13 Chicken Alfredo Penne Pasta Caesar Salad Peas Strawberries & Milk	14 Beef Pot Pie w/ Buttermilk Biscuit Succotash Salad w/ dressing Apple & Milk	15 Pulled Pork Sandwich Corn Pinto Beans Apple Sauce & Milk	16 Roast Turkey w/ Gravy Mashed Potatoes California Vegetables WW Bread Apple & Milk
17 Beef Stroganoff Penne Pasta Roasted Brussel Sprouts WW Bread Apple & Milk	18 Sweet & Sour Meatballs Broccoli Jasmine Rice Tossed salad w/ dressing Pear & Milk	19 Chicken Taco Salad w/ sour Cream, Salsa and Avocado Corn Chowder Orange & Milk	20 Swiss Steak Mashed Potatoes Peas Coleslaw Banana & Milk	21 Chicken Marsala Roasted Red Potato Brussel Sprouts Green Bean Salad Apple & Milk	22 Baked Parmesan Encrusted Salmon Roasted Sweet Potatoes Broccoli, Roll Strawberries & Milk	23 Southwestern Chicken Peas & Carrots 3 Bean Salad WW Roll Orange & Milk
24 Goulash Green Beans Salad w/ Dressing WW Bread Apple & Milk	25 Chicken Piccata Pasta Winter Blend Vegetables Peaches High Fiber Cookie & Milk	26 Beef Fajita Tortillas Spanish Rice SW Black Beans Strawberries & Milk	27 Mahi Mahi w/ Mango Chutney Mixed Vegetables WW Roll Orange & Milk	28 Beef Stew Succotash Whole Wheat Roll Pineapple Orange Compote & Milk	29 Swedish Meatballs w/ Noodles Peas & Carrots Tossed Salad Orange & Milk	30 Chicken Alfredo Penne Pasta Caesar Salad Peas Strawberries & Milk
31 Beef Pot Pie w/ Biscuit Lima Beans Salad w/ dressing Apple & Milk						

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