

TIPS TO KEEP IN MIND THIS SUMMER

- **Stay Hydrated.** It is easy for seniors to become dehydrated, especially during hot summer months where you are more likely to be outside. Make sure you stay hydrated by not just drinking plenty of water throughout the day, but by consuming nutrient dense fruits and vegetables that are chock-full of water as well as cucumbers, spinach, grapes, celery, carrots, watermelon, and cantaloupe.
- **Compliment Your Diet with Exercise.** Give your body a reason to use up all those wonderful vitamins and minerals you are consuming by finding fun, active ways to exercise each day. Sunny summer days provide the perfect opportunity to get outside and participate in activities like hiking, cycling, swimming, golfing, playing tennis, practicing yoga, or pickleball.
- **Eat Fresh.** Take advantage of all the fresh fruits and vegetables summer has to offer by way of local farmers markets, grocers, and roadside stands. It's your chance to skip out on the frozen meals or canned goods you may be used to and instead opt for farm-fresh options.
- **Tackle Your Biggest Culprits.** It is never too late to get your diet under control when it comes to your health. If you have been recommended to adjust your meals due to concerns over blood pressure, diabetes, weight, or even osteoporosis, now is the time to take action and set yourself up for success the second half of the year.

Thank you to our menu sponsor!

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



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CONNECTIONS CAFÉ
June 2025



5 SUMMER NUTRITION TIPS AND IDEAS

Make Healthy Swaps

Summer is ripe with picnics, parades, and vacations that are often filled with sweets, carbs and lots of eating out. When it comes to chomping down on all your favorite summer staples, a few healthy swaps can go a long way towards improving your nutrition:

- Swap ice cream for low-fat yogurt in your favorite shakes and smoothies.
- Swap refined white sugars for natural alternatives like honey, maple syrup, or dates in your baked goods.
- Swap high-fructose juices and lemonades for cool glasses of water infused with refreshing flavors like lemon, cucumber or lavender.
- Swap processed salad dressings for olive oil, balsamic vinegar and lemon juice.
- Swap butter on your toast for fresh avocado (add sliced tomato and a little salt and pepper for a super snack).

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| 2 Chicken Cordon Bleu, Sweet Potatoes w/ Dates & Nuts, Peas & Carrots, Orange & Milk | 3 Chicken & Dumplings, Broccoli, High Fiber Cookie, Strawberry Applesauce & Milk | 4 Goulash w/ Cheese, Green Bean Almondine, Apple, Milk | 5 Chicken Parmesan w/ Marinara Sauce, WW Pasta Capri Blend, Veg, Pear, Milk | 6 <i>Chef's Choice:</i> <i>Pork</i> |
| 9 Teriyaki Meatballs, Brown Rice, Succotash, Orange, Milk | 10 Chicken Chimichanga, SW Black Beans, Spanish Rice, Diced Mango & Milk | 11 Chicken Piccata w/ WW Pasta, Winter Blend, Veg w/ Parm, Pear, Milk | 12 Pork Chop w/ Country Gravy Mashed Potatoes Succotash Apple & Milk | 13 Slow Roasted Beef w/ Beef Gravy Mashed Potatoes Peas Orange & Milk |
| 16 Breaded Pollock Mac & Cheese Brussels Sprouts w/ Parm Apple & Milk | 17 Cheese Ravioli Succotash WW Roll w/ Butter Tropical Fruit & Milk | 18 Beef Chili w/ Cheese, Baked Potato w/ Sour Cream, Orange & Milk | 19 Meatballs Pork & Beef w/ Marinara Sauce WW Pasta, Succotash Pear & Milk | 20 <i>Chef's Choice:</i> <i>Chicken</i> |
| 23 Southwestern Chicken Spanish Rice Pinto Beans Orange & Milk | 24 Beef Pot Pie w/ Butter Milk Biscuit Lima Beans Apple & Milk | 25 Chicken Alfredo WW Pasta Peas Tropical Fruit & Milk | 26 Sweet & Sour Beef Brown Rice Asian Vegetables High Fiber Cookie Pear & Milk | 27 Lemon Pepper Chicken Wild & Brown Rice Lima Beans Orange & Milk |
| 30 Lasagna Roll w/ Meat Marinara Sauce Broccoli Pear & Milk | | | |  |

Menu substitutions may occur without notice. Clients who take leftovers home do so at their own risk.

Members are advised to keep a 3-day supply of nonperishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.

We value your feedback! At the end of the month, return your menu to your café specialist & write in a 1-3 rank on the day's entry.

1 = Don't love it

2 = It's Good

3 = LOVE it!