

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
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HOME DELIVERED MEALS

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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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Beef Pot Pie w/Butter Milk Biscuit, Lima Beans, Apple, Milk	2 Sweet & Sour Chicken, Brown Rice, Asian Veg, High Fiber Cookie, Pear & Milk	3 Baked Ziti, Bahama Veg, Apple, Milk	4 Beef and Barley Soup, Roasted Red Potatoes, Roll w/ Butter, Orange & Milk	5 Chicken Ala King, Jasmine Rice, Green Beans, Apple, Milk	6 Beef Bourguignon, Roasted Red Potatoes, Broccoli, Orange & Milk	7 Chicken Cordon Bleu Sweet Pota- toes w/ Dates & Nut, Peas & Carrots, Orange & Milk
8 Beef Burrito w/Green Sauce, Spanish Rice, SW Black Beans, Diced Mango, Milk	9 Chicken Cordon Bleu, Sweet Pota- toes w/ Dates & Nuts, Peas & Car- rots, Orange & Milk	10 Chicken & Dump- lings, Broccoli & High Fiber Cookie, Strawberry Apple- sauce & Milk	11 Goulash w/ Cheese Green Bean Almondine Apple Milk	12 Chicken Parmesan w/ Marinara Sauce, WW Pasta Capri blend, Veg, Pear & Milk	13 <i>Chef's Choice: Pork</i>	14 BBQ Chicken, Roasted Sweet Potatoes, Peas & Carrots, Orange Milk
15 Beef Stroganoff, WW Penne Pasta, Brussels Sprouts, Apple, Milk	16 Teriyaki Meatballs Brown Rice Succotash Orange Milk	17 Chicken Chimi- changa, SW Black Beans, Spanish Rice, Diced Mango & Milk	18 Chicken Piccata w/ WW Pasta Winter Blend, Veg w/ Parm, Pear, Milk	19 Pork Chop w/ Country Gravy, Mashed Potatoes, Succotash, Apple & Milk	20 Slow Roasted Beef w/ Beef Gravy, Mashed Potatoes, Peas, Orange & Milk	21 Chicken Teriyaki, Brown Rice, Succotash, Orange, Milk
22 Bell Pepper Casserole, Roasted Red Potatoes, Peas & Carrots, Pear, Milk	23 Breaded Pollock, Mac & Cheese, Brussels Sprouts w/ Parm, Apple, Milk	24 Cheese Ravioli, Succotash, WW Roll w/ Butter, Diced Tropical Fruit, Milk	25 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Orange & Milk	26 Meatballs Pork & Beef w/ Marinara Sauce, w/Pasta, Succotash. Pear, Milk	27 <i>Chef's Choice: Chicken</i>	28 Chicken Pot Pie w/Buttermilk Biscuit, Lima Beans, Pear, Milk
29 Chicken Cacciatore WW Pasta, Green Beans, Diced Pears, Milk	30 Southwestern Chicken, Spanish Rice, Pinto Beans, Orange, Milk					

Menu substitutions may occur without notice.

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.