

SENIOR NUTRITION NEWSLETTER

Nutrition Information, Recipes, and Resources for Seniors



Washington
State Department of
Agriculture

FALL 2025

VOLUME 7, ISSUE 2

**Time to dig out
your sweaters
and rain boots!**

The seasons are changing, and the colder days are making their return to Washington!



Keep an Eye Out for Local Fall Produce

If you walk through your local farmers market these days, you may notice the tomatoes, peaches, lettuces, peppers, and berries are starting to dwindle. But that doesn't mean the farming season is over! Some crops take all summer to reach maturity, while others simply thrive in the cooler temperatures. Others require a period of time to "cure" before reaching customers, which is a postharvest storage technique that hardens the crop to make it have a longer shelf life, be more protected against damage, and overall taste better through the conversion of starches to sugars.



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Days to Celebrate

SEPTEMBER

- 22** First day of Fall
- 25** National Cooking Day

OCTOBER

- 1** National Kale Day
- 10** World Egg Day
- 31** Halloween

NOVEMBER

- 1** National Cinnamon Day
- 18** Apple Cider Day
- 27** Thanksgiving

DECEMBER

- 5** World Soil Day
- 21** First Day of Winter

What's the first produce item that comes to mind when you think of Fall?

Below are some of our Fall faves!



Potatoes*



Corn



Squash varieties*o



Brussels Sprouts



Kale



Celery



Apples



Pears



Quince+



* Vegetables that are typically cured before reaching market.

o Squash varieties such as butternut, acorn, and spaghetti.

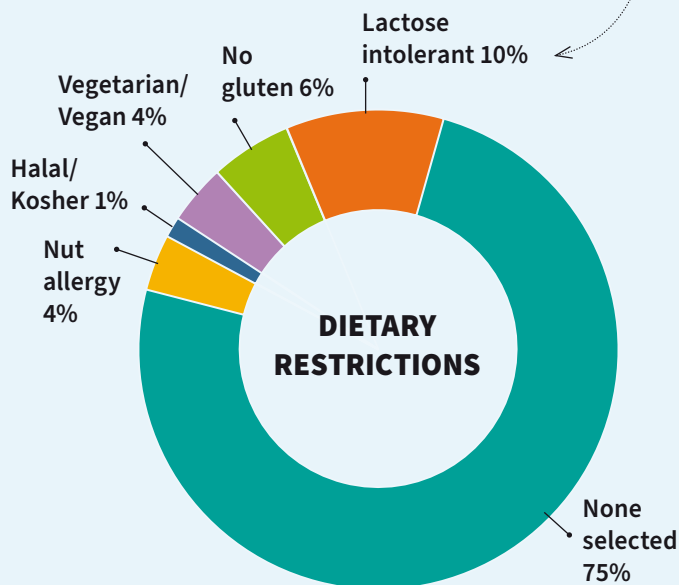
+ Have you heard of Quince before? It looks like a mix between an apple and a pear, but it has a very sour/bitter taste. Because of their taste, they are not typically eaten fresh but rather used for baking, jams, and preserves. *What Is Quince? How to Use the Underrated Fall Fruit*, Foodandwine.com

Annual CSFP Survey Results

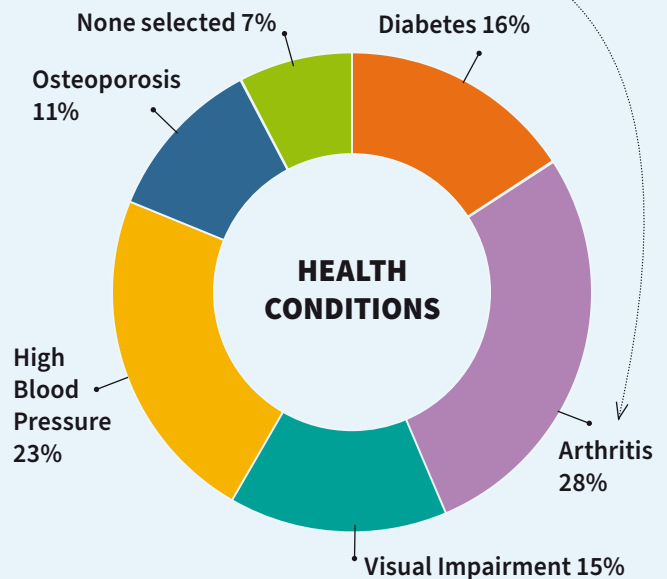
The biggest **Thank You** to everyone who took the time to provide feedback about the Commodity Supplemental Food Program (CSFP) in the annual survey that was administered this past spring. After compiling all the responses, we are ready to share the results. This is how CSFP participants across the state responded to this year's survey:

Total responses: 1,093 out of 5,372 statewide participants. That's 20%!

- Average age of respondents: **73**
- Oldest respondent: **99**
- **64%** receive SNAP
- **88%** have access to water, electricity, stove/oven, and a refrigerator
- **25%** of respondents had at least one listed dietary restriction. **The most common was Lactose Intolerance:**



- **85%** of respondents had at least one listed health condition. **The most common was Arthritis:**



- The **top 3 most requested topics** for future quarterly newsletters, each with more than 400 votes, were:
 1. Information about seasonal produce and farming in WA.
 2. More recipes with CSFP ingredients.
 3. Tips for shopping on a budget.

- **326** of you provided feedback via an optional free response section. We read every single response and passed along your feedback to your food bank. Your notes of gratitude (over 100 of them!) were particularly special to read and share.

Thank you again for your participation — it makes this program stronger!

Seasonal Nutrition Tip: Eat Your Water

Staying hydrated is incredibly important for the function of our brains and bodies. Roughly 60% of our bodies are comprised of water and our brains are even higher, made up of 75% water. The U.S. National Academies of Sciences, Engineering, and Medicine determined that an optimal daily intake of water is 3.7 liters (15.5 cups) for men and 2.7 liters (11.5 cups) for women. It's essential that we get enough water each day to keep us healthy, but it can be hard to stay hydrated!

In addition to drinking glasses of water, did you know that you can also eat your water? That's right! Water makes up a huge percentage of most fruits and vegetables, including the ones that you can commonly find in food banks. Apples, for example, are approx. 85% water. This makes them a very hydrating food that can contribute to your overall fluid intake. Eating two medium-sized apples is roughly equal to drinking 1 cup of water! This calculation is the same for pears. Check out the table above for more information on the water content of fruits and vegetables. 🌱

Type of Fruit/ Vegetable	% of Water Composition	Equivalent to 1 Cup of Water 
Cucumbers	96%	1 cup of sliced cucumber
Iceberg Lettuce	96%	4 cups shredded lettuce
Celery	95%	2 cups chopped celery
Green Cabbage	93%	1 cup shredded cabbage
Peaches	88%	2–3 peaches
Oranges	86%	3–4 medium oranges
Apples	85%	2 apples
Pears	85%	2 pears

Recipe of the Season

Lentil Stew

Ingredients:

- 2 tsp olive oil (or canola oil)
- 1 onion (large, chopped)
- 1 teaspoon garlic powder
- 1 1/2 10-ounce packages of frozen sliced carrots

10 Servings

- 1 cup dry lentils (rinsed and drained)
- 3 cans diced tomatoes, low-sodium (14.5 ounces each)
- 3 cups water
- 1 teaspoon chili powder

Directions:

1. Wash hands with soap and water.
2. Heat the oil in a large pot over medium heat.
3. Add chopped onion.
4. Cook for 3 minutes, or until tender.
5. Stir in garlic powder, carrots, lentils, tomatoes, water, and chili powder.
6. Simmer, uncovered, for about 20 minutes or until lentils are tender.

Nutrition Facts

Serving size: 1 cup

Amount Per Serving	113
Calories	
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	52 mg
Carbohydrates	20 g
Dietary Fiber	7 g
Total Sugars	6 g
Added Sugars Incl.	0 g
Protein	6 g
Vitamin D	0 mcg
Calcium	69 mg
Iron	3 mg
Potassium	536 mg

A hearty stew to welcome the colder weather. And a perfect use for that can of lentils you're not sure what to do with!

Looking for more great recipes to try? USDA's MyPlate Kitchen has hundreds of healthy, budget-friendly recipes at myplate.gov/myplate-kitchen



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