

SENIOR NUTRITION NEWSLETTER

Nutrition Information, Recipes, and Resources for Seniors



Washington
State Department of
Agriculture

WINTER 2024-25

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**Happy Winter
and Happy
New Year!**

We hope this is a
season of rest, joy, and
good health for you
and your loved ones.



Spending Time in Wintertime

When the days are short and the temperature is cold outside, it can be more challenging to find the motivation to do things in the winter, which is completely understandable! Sometimes, the best way to spend a winter day is with a nap (or two!), a movie or a book, and a mug of something warm. But if you find that you're just counting down the days until spring, here are some ideas for spending time this winter.

Puzzles - Puzzles not only provide a timeless form of entertainment, but they are also incredible tools to maintain brain health! They have been proven to enhance memory, improve problem-solving skills, and even slow down the cognitive decline that comes with age. Popular forms of puzzles are crosswords, Sudoku, and jigsaw puzzles. Many libraries offer puzzles to check out for free, and there are also many free puzzles available online, such as [sudoku.com](https://www.sudoku.com) and [bestcrosswords.com](https://www.bestcrosswords.com).



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Days to Celebrate

DECEMBER

21 Winter Solstice

JANUARY

1 New Year's Day
6 National Bean Day
11 National Milk Day
22 National Grandpa Day

FEBRUARY

4 Farmer's Day
14 Valentine's Day
17 National Cabbage Day
27 National Chili Day

MARCH

8 International Women's Day
9 Daylight Savings Time Begins
20 First Day of Spring

Staying Safe During Winter Storms

While the winter season can offer many opportunities for relaxing days and making memories with family, it can also bring potentially hazardous weather conditions. Every region in Washington can experience wind, rain, snow, and below-freezing temperatures. These each pose unique dangers, depending on their severity. It is important to be knowledgeable as to what these dangers are, and to have a plan should you be impacted by them. In any circumstance, Washington 211 is a great resource to find information on shelters during extreme weather events, in addition to places to find hot meals and warm clothing. Go to search.wa211.org or call 2-1-1- at any time for assistance.

WIND

Wind is caused by changes in air pressure within Earth's atmosphere. The harder the wind blows, the more damage it can cause. Wind speeds of 20 miles per hour (mph) can cause objects such as trash cans to be knocked over and debris to be blown about. Once wind speeds reach to 40 mph, they are strong enough to break tree branches and even topple trees. Breaking branches and falling trees (and other objects) can be very dangerous to your safety. Trees can fall on your home, car, or other belongings, and at the very worst, can potentially cause injury to you. Falling objects due to windstorms can also cause power outages and other complications such as road blockages.

Tips to Stay Safe: Go inside a sturdy building and move to an interior room or basement. If you live in a mobile home, it is recommended that you move inside a sturdy building for the duration of the storm. Stay put until the storm passes. Be prepared to lose power: have blankets and warm clothes ready, as well as water and food that does not require heating to prepare. Have battery-powered flashlights or lanterns easily accessible, and extra batteries, too.

RAIN

Although moderate amounts of rain are important, intense rain can cause far more harm than good. The biggest danger with rainstorms is flooding. Flooding is the overflow of water onto land that is normally dry. In Washington, flooding is most commonly caused by the overflow of rivers or streams during a heavy rainstorm, or when the drainage system in urban areas cannot manage the amount of water that is coming in. Flooding can cause serious damage to buildings, cars, and other belongings. It can also cause serious injury due to falls or electrocution and can put people at risk of drowning.

Tips to Stay Safe: Thankfully, there are weather systems that can tell us when a severe rainstorm is coming. Stay turned to local radio and TV news reports. If a severe rainstorm that could cause flooding is on the way, be prepared to evacuate. Stay on high ground when possible, avoid electrical outlets and cords that are wet or submerged, and do not walk or drive through flood waters.



SNOW

Some regions of Washington are accustomed to receiving many feet of snow each winter, while other regions may only experience small flurries of snow, if at all. Snow can be lots of fun and beautiful to look at, but it can also be dangerous. Large amounts of fallen snow are very heavy and can cause roofs and other structures to collapse. Snowstorms can also be disorienting and, if you are caught outside during one, can cause you to get lost. They are also cold! Snow requires temperatures to be at freezing or below, which creates challenges for our bodies to stay warm.

Tips to Stay Safe: *Avoid traveling and stay inside during a snowstorm. If you are worried about the strength of your roof, seek shelter in a sturdier building while the storm passes. Keep yourself warm by wearing lots of layers, using blankets, consuming warm foods and beverages, and sitting safely by a fire. Put blankets or towels into the cracks under doors and close window curtains to add extra insulation.*



BELOW-FREEZING TEMPERATURES

Even without snow, the temperature can drop below freezing outside. In fact, in some cases, the sky will be clear, and the sun will be out, but the temperature will be far below freezing. The biggest danger with below-freezing temperatures is hypothermia. Hypothermia is a condition when our body's core temperature drops below the temperature required to maintain function, which is 95 degrees Fahrenheit. That may sound hot, but even spending 30 minutes in freezing temperatures with inadequate clothing can cause our core temperature to drop, leading to hypothermia. Hypothermia is serious. It impairs the body from functioning normally and makes it impossible to think clearly.

Tips to Stay Safe: *Wear layers of warm clothing, bundle up in blankets, and stay inside when the temperature drops below freezing. Elderly individuals are more vulnerable in freezing temperatures. If you must go outside, limit the time as much as possible, cover any exposed skin, and change into dry clothes as soon as you get home if you get wet. If you experience below-freezing temperatures and then notice yourself shivering uncontrollably, unable to speak or think clearly, feeling excessively sleepy, or feeling muscle stiffness, call 911 immediately.*

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Board and Card Games - Another fun way to spend a cold winter's day. Gather with family and friends for a social game night or join a gaming club or event at your local community center. Make it a goal to learn a new game this winter!

Crafting - There's always something for everyone in the vast world of crafting. Some ideas include painting, drawing, crocheting, knitting, sewing, beading, quilting, doing origami, and wood working, but there are so many more. Many community and senior centers, as well as libraries, also offer low-to-no cost crafting classes or crafting supplies! What is your favorite way to get crafty?

Cooking - 'Tis the season for soups, stews, hearty pasta dishes, and casseroles. Winter days can make for a great time to cook a comfort meal, or to try a new recipe. Take a look at the end of this newsletter for an applesauce pancake recipe featuring applesauce and milk powder from your CSFP box!

Indoor/Outdoor Physical Activities - Movement is important for your physical and mental health, and there are lots of ways to keep moving this winter! If you'd prefer to stay inside, stretching, yoga, sit-to-stand-ups, step-out jumping-jacks, dancing, or even sweeping the floor can be good ways to get moving. Most senior centers and community centers also offer low barrier classes such as Zumba. If you prefer to move outside, a 20–30-minute walk is a great idea. 🌿



Good To Know Info About CSFP

Whether you are a new CSFP recipient or have been a recipient for many years, we wanted to share some good-to-know information about the program — perhaps you will learn something new!

- CSFP stands for Commodity Supplemental Food Program. It began in 1969.
- It is administered by the U.S. Department of Agriculture's Food and Nutrition Service.
- It operates in all 50 states, the District of Columbia, Puerto Rico, and seven Indian Tribal Organizations.
- It is intended for individuals who are low-income and at least 60 years of age.
- The program is meant to be supplemental and does not provide a complete diet. It focuses on shelf-stable foods that provide good sources of nutrients.
- The USDA oversees putting together a list of available foods for CSFP each year. The list contains shelf-stable fruits, vegetables, proteins, legumes, dairy, and grains. Based on availability, the Washington State Department of Agriculture Food Assistance team orders items from this list, and the food is sent to food banks around the state.
- Food bank staff and volunteers then pack and distribute the food to you. 🌱

Scan the QR code or go to www.fns.usda.gov/csfp/factsheet to learn even more about the CSFP program!



Recipe of the Season

A great option for slow mornings at home. Or, keep a batch in the freezer and pop a couple in the toaster for busy mornings when you need a quick breakfast!

Applesauce Pancakes

Ingredients:

6 Servings

- 1 cup applesauce, unsweetened
- ¼ cup dry milk powder
- 1 cup water
- 2 eggs
- 1 tbsp canola oil (or cooking oil of choice)
- 2 cups all-purpose flour
- 2 tsp baking powder
- Cinnamon to your liking
- Optional toppings: butter, maple syrup, banana, fresh apples, applesauce, chopped nuts, yogurt

Directions:

1. Wash hands with soap and water and clean food prep area.
2. In a medium mixing bowl, combine applesauce, dry milk powder, water, eggs, and oil.
3. Add flour, cinnamon, and baking powder. Stir until mixture has only small lumps.
4. Place large skillet on medium-high heat.
5. Spray skillet with non-stick cooking spray.
6. Pour ½ cup batter onto skillet. Turn pancake when bubbles form on top of batter.
7. Cook the other side for about 1 minute or until golden brown.
8. Top with butter, banana, fresh apples, applesauce, chopped nuts, yogurt or other toppings of choice!

Nutrition Facts

Servings per recipe: 6

Amount Per Serving
Calories 238

Total Fat 4 g

Cholesterol 55 mg

Sodium 202 mg

Carbohydrates 43 g

Dietary Fiber 2 g

Total Sugars 10 g

Protein 7 g

Vitamin D 1 mcg

Calcium 144 mg

Iron 2 mg

Potassium 145 mg



ENGLISH



SPANISH



For more recipes using CSFP ingredients, scan the QR code found at the right to access a CSFP-specific cookbook. In addition to recipes, the cookbook provides food safety and healthy eating tips, along with helpful nutrition facts.



Washington
State Department of
Agriculture

Food Assistance

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Email: foodassistance@agr.wa.gov

On the internet at:

agr.wa.gov/services/food-access