

SENIOR NUTRITION NEWSLETTER

Nutrition Information, Recipes, and Resources for Seniors



Washington
State Department of
Agriculture

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Happy Autumn!

Enjoy a walk in the crisp fall air. Remember to also take time and plan for your own safety and wellness in the upcoming winter.



Make Your Plate as Diverse as Washington's Farms

Washington is a lucky state. The skill of our farmers and ranchers combined with the abundance of our natural resources makes Washington harvests both bountiful and diverse. Fall is one of the best times of year to experience this richness firsthand by filling your plate with locally grown fruits, vegetables, grains, dairy, and protein options.

Fall in Washington is a time when following USDA's MyPlate recommendations gets a little easier because there is a wide variety of produce, meat, beans, and grains available from local farmers. In fact, Washington's top five farm products (apples, milk, wheat, potatoes, and beef) represent all five food groups (fruit, dairy, whole grains, vegetables, and protein). The Dietary Guidelines for Americans and MyPlate recommend eating 2 – 3 ½ cups of vegetables per day

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Days to Celebrate

SEPTEMBER

September is National Whole Grains Month

- 4 National Spice Blend Day
- 18 National Aging Awareness Day

OCTOBER

- 6 National Noodle Day
- 12 National Farmers Day
- 26 National Pumpkin Day

NOVEMBER

- 17 National Take a Hike Day
- 23 Nat'l Eat a Cranberry Day

Make Your Plate Diverse, continued from page 1

plus 1 ½ - 2 cups of fruit for adults aged 60 and over. MyPlate also recommends varying the types of fruits, vegetables, and proteins you eat¹.

In other words, try to make your plate reflect the diversity of Washington's farms and ranches. This is especially important for older adults, who need fewer calories, but just as many nutrients¹.

This time of year, there is something for everyone to enjoy and always something new to try. Check out the fall seasonal produce chart on the last page of this newsletter to see if your favorite fruit or vegetable is in season this fall^{2,3}.



SNAP EBT recipients can use Department of Health's SNAP Match programs at select farmers market and grocery stores to boost their monthly budget for fresh fruits and vegetables. Find out more at doh.wa.gov/SNAPMatchPrograms. Low-income seniors can also contact their local Area Agency on Aging to learn about the Senior Farmers Market Nutrition Program (Senior FMNP). 🌱

Washington 2-1-1: Connecting You with What You Need

If you or someone you know needs additional assistance or support, the first step is getting connected! Washington 2-1-1 is a free and confidential community service. It is a one-stop connection to the local services and providers someone might need, such as utility assistance, food, housing, healthcare, dental, crisis intervention, and much more. Washington 2-1-1 is always ready to help 24 hours a day, seven days a week. Just dial 2-1-1 on a phone to be connected or go to wa211.org. If you are outside Washington State or have trouble connecting, dial 1-877-211-9274.

How 2-1-1 Works

Dialing 2-1-1 in Washington State gets you connected to a highly trained information-and-referral specialist. This person will assess your needs and provide you a list of referrals to available resources in your community. Referrals are usually given to you over the phone, but they can also be emailed, or text messaged to a mobile phone. Washington 2-1-1 has a database of over 27,000 resources and services to help find what you need. Operators can even transfer you to crisis specialists or 9-1-1 in emergencies. Teletypewriter (TTY) for the deaf and hard of hearing is available, as well as interpreter services in over 140 languages. When you access 2-1-1 online, you can search services by location, service type, service term, or agency name to find what you need.



2-1-1 Makes a Better Washington

The 2-1-1 service doesn't just help Washingtonians in need – it helps Washington become a better state by understanding communities and their needs more completely. All calls to 2-1-1 are confidential, but they do track caller location and the types of services being asked about. This information is made available to public and state officials in real time through a simple format called 2-1-1 Counts (available at wa211.org/community-data/). These tools help lawmakers, advocates, and other people identify locations and communities where services and resources are lacking. In other words, when you connect to help through Washington 2-1-1, you help Washington become a better state for everyone. 🌱

¹ USDA. Exploring the MyPlate Food Groups. www.myplate.gov/

² WSDA. (2014). Washington Grown Produce Seasonality Charts: Fruits & Herbs (AGR PUB 607-339). cms.agr.wa.gov/WSDAKentico/farm-to-school/pdf/607-339_SeasonalityChart_NutrStd2012_FrtHrb_Revised-July2014.pdf

³ WSDA. (2014). Washington Grown Produce Seasonality Charts: Vegetables & Legumes (CPPW 2010-12). cms.agr.wa.gov/WSDAKentico/Imported/SeasonalityChartHUSCVegetablefinal.pdf?/SeasonalityChartHUSCVegetablefinal.pdf

Activities for Older Adults with Diabetes

As an older adult, regular exercise is one of the most important things you can do for your health. The Center for Disease Control (CDC) says older adults should get at least 150 minutes a week of moderately intense activity *or* 75 minutes a week of vigorous-intensity activity⁴. Combine this with two days a week of strengthening activities, and three days a week of balancing activities such as standing on one foot⁴.

For older adults living with diabetes, regular exercise can help you stay in control of blood sugar levels and manage your health⁵. Being physically active helps you maintain blood pressure, lower LDL (“bad”) cholesterol, and improve cognition⁵. Be sure to check with your medical provider before beginning any new fitness routine. According to the National Council on Aging, here are some of the best ways for older adults with diabetes to stay active⁵.



WALKING

A simple, time-tested fitness staple that can be done almost anywhere. Make your exercise time do double duty by inviting a friend or visiting a new place for some sightseeing.



DANCING

Following choreography stimulates the brain in addition to moving the body. For those with limited mobility, try a safer and equally enjoyable alternative in chair dancing.



YOGA

The ancient practice of yoga can be tailored to all groups and fitness levels. It promotes mind-body connectedness and improves strength, balance, and flexibility. Chair yoga is a practical and accessible option for those with mobility challenges.



TAI CHI

This ancient form of exercise features safe, gentle, and effective movements that can improve your balance, strength, flexibility, and mood. Do it alone or with friends. Tai chi is especially recommended for people with arthritis.



RESISTANCE / WEIGHT TRAINING

Building lean muscle mass is essential for older adults and people with diabetes. Gaining muscle mass makes it easier to stabilize blood glucose levels. Small free weights and resistance bands are safer options than big, heavy weights.



GARDENING

Basic outdoor chores such as mowing the lawn, pruning, weeding, and planting provide a healthy dose of exercise. A breath of fresh air and a shorter to-do list are bonuses. When working outside, make sure to wear sun protection, take plenty of breaks, and stay hydrated.

⁴ Centers for Disease Control and Prevention. (2022). How much exercise do older adults need? [cdc.gov/physicalactivity/basics/older_adults/index.htm](https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm)

⁵ National Council on Aging. (2022, May 12). The Best 6 Activities for Older Adults with Diabetes. [ncoa.org/article/the-6-best-activities-for-older-adults-with-diabetes](https://www.ncoa.org/article/the-6-best-activities-for-older-adults-with-diabetes)

Washington Season Availability: Fall (Sept. to Nov.)

Green Vegetables	Red & Orange Vegetables	Other Vegetables	Fruits
<ul style="list-style-type: none"> Broccoli Exotic Leaves & Greens (<i>amaranth, purslane, chrysanthemum, cornsalad, etc.</i>) Beet Greens Bok Choy Kale Mustard & Braising Greens Spinach Swiss & Rainbow Chard Romaine & Leafy Lettuce Arugula Leafy Herbs (<i>ex. basil, parsley</i>) Brussels Sprouts Escarole & Chicory Greens Rapini, Broccoli Rabe Salad & Mesclun Mix 	<ul style="list-style-type: none"> Winter Squash & Pumpkins (<i>acorn, butternut, kabocha, hubbard, cushaw, etc.</i>) Peppers, sweet & spicy types (<i>early fall</i>) Sweet Potatoes Tomatoes (<i>early fall</i>) 	<ul style="list-style-type: none"> Cauliflower Beets Celery & Celery root Iceberg Lettuce Onions, Leeks, & Garlic Summer Squash & Zucchini (<i>early fall</i>) Green/Snap Beans (<i>early fall</i>) Cabbage Cucumbers (<i>early fall</i>) Green Peppers (<i>early fall</i>) Tomatillos (<i>early fall</i>) Kohlrabi Fennel Parsnips Daikon & Fall Radishes Rutabagas & Turnips Artichokes Eggplant (<i>early fall</i>) Mushrooms 	<ul style="list-style-type: none"> Apples Asian Pears Pears Grapes Kiwi Cranberries Figs Quince
	Starchy Vegetables		Seeds, Beans, & Nuts
	<ul style="list-style-type: none"> Potatoes Sunchokes/Jerusalem Artichokes Corn (<i>early fall</i>) Green Peas 		<ul style="list-style-type: none"> Walnuts Sunflower Seeds Hazelnuts Lentils Dry Beans Garbanzo Beans Soy Beans

✂ Cut out this section and save it, so you can remember what Washington grown produce is in season every fall.

Recipe of the Season

One-dish Roasted Potatoes & Apples with Chicken Sausage

Ingredients:

- 3 red potatoes (*or about 1 pound of your favorite type*)
- 1 tablespoon canola oil
- 2 red or blushed apples (*Fuji, Pink Lady, Honeycrisp, etc.*)
- 1 yellow onion
- 4 pre-cooked chicken and herb link sausages (12 oz.)
- 2 tablespoons cider vinegar
- ½ teaspoon ground mustard
- 1 tablespoon honey

Directions:

- Preheat oven to 425°F.
- Cut potatoes into chunks, place in 2-qt baking dish.
- Drizzle the potatoes with canola oil and toss to coat.
- Roast potatoes in the oven for 15 minutes.
- While the potatoes roast, cut the apples & onion into chunks, and slice the sausages into ½-inch rounds.
- Remove the baking dish from the oven and reduce heat to 375°F. Add all remaining ingredients to baking dish and toss.
- Return the baking dish to oven and roast an additional 25-30 minutes until the apples and potatoes are tender.

Time: 55 minutes, Servings: 4

Nutrition Facts

Amount Per Serving	364
Calories	
Total Fat	17 g
Saturated Fat	3 g
Cholesterol	120 mg
Sodium	588 mg
Carbohydrates	39 g
Dietary Fiber	5 g
Total Sugars	14 g
Added Sugars incl.	4 g
Protein	15 g
Vitamin D	0 mcg
Calcium	50 mg
Iron	2 mg
Potassium	804 mg

Find hundreds of healthy, budget-friendly recipes at myplate.gov/myplate-kitchen



Washington
State Department of
Agriculture

Food Assistance

Phone: (360) 725-5640

Email: foodassistance@agr.wa.gov

On the internet at:

agr.wa.gov/services/food-access