

# SENIOR NUTRITION NEWSLETTER

Nutrition Information, Recipes, and Resources for Seniors



Washington  
State Department of  
Agriculture

**SPRING 2020**

VOLUME 1, ISSUE 3

## Spring has sprung!

Spring brings more sunshine, warmth, and bounty from our Washington farms.



## Spring Favorite Fruits and Veggies

Spring is the beginning of the growing season in Washington State. The following produce is usually available from local farmers during the season.

### APRIL

- **Asparagus** is one of the first vegetables of the spring. You can eat asparagus raw, steamed, boiled, grilled, roasted, in a casserole or salad.
- **Pac Choi/Bok Choy** has a mild flavor, and is good braised or added to stir-fry and soups.
- **Scallions** are in the onion family but have a sweeter milder flavor. You can use scallions in place of onions in any recipe.
- **Morel Mushrooms** have a honeycomb appearance. They are delicious dried or sautéed.
- **Nettles** are considered a weed to some, but are packed with nutrients. To neutralize the sting of nettles, you must cook or dry them. Nettles are delicious steamed, sautéed, or made into pesto.
- **Fiddleheads** are the coiled tips of an ostrich fern. This delicious delicacy tastes like a cross between asparagus and spinach. Try them sautéed, roasted, or pickled.
- **Parsnips** are a root vegetable in the carrot family. They have a sweet, nutty flavor. Parsnips are delicious roasted, sautéed, or boiled and mashed.

CONTINUED ON PAGE 2

## Days to Celebrate!

### March

- 1 National Peanut Butter Lover's Day
- 7 National Cereal Day
- 24 National Agriculture Day
- 26 National Spinach Day

### April

- 7 World Health Day
- 19 National Garlic Day

### May

- 10 National Washington Day
- 12 International Hummus Day
- 13 National Apple Pie Day
- 27 National Senior Health & Fitness Day

MAY

- **Arugula** is a leafy green plant that has a light peppery, spicy taste. It is delicious blanched or in salads.
- **Garlic scapes** are the flower bud of the garlic plant, removed to encourage growth of the bulb. Scapes taste like garlic and can be substituted in any recipe. They become milder and sweeter when cooked. Try them sautéed, roasted, pickled, or added to soups.
- **Kale** has green or purple leaves. You can use kale in recipes instead of lettuce, or add it to smoothies and stir-fries.
- **Lettuce** comes in hundreds of varieties with a wide range of shapes and textures. The darker the lettuce, the more nutrients it contains. Create a flavor-packed salad by mixing different varieties of lettuces.
- **Radishes** are root vegetables that resemble beets. Radishes have a distinct flavor and are usually eaten raw but are also delicious sautéed.
- **Rhubarb** is a tart perennial vegetable. It is typically sweetened with sugar and used in desserts.

- **Sugar snap peas** have a thick, edible pod containing large, sweet seeds. They are delicious eaten raw or in stir-fry.
- **Spinach** is a dark green leafy vegetable with a light bitter taste. This nutrient-packed vegetable can be added to almost any meal.
- **Strawberries** are one of the first fruits of the season to ripen. These sweet berries are delicious as is, or added to a salad or dessert.
- **Swiss chard** is in the beet family with white, yellow or red leaf stalks. You can eat young chard leaves raw in a salad or sautéed. You can use chard in place of spinach in any recipe.



# New items in your senior box (CSFP)<sup>1</sup>

If you take part in the Commodity Supplemental Food Program (CSFP) and receive a senior food box, you may have noticed some changes. These changes include:

### Fruits and Vegetables:

- ✓ Twice the amount of vegetables
- ✓ NEW! Low sodium vegetable soup
- ✓ NEW! Raisins



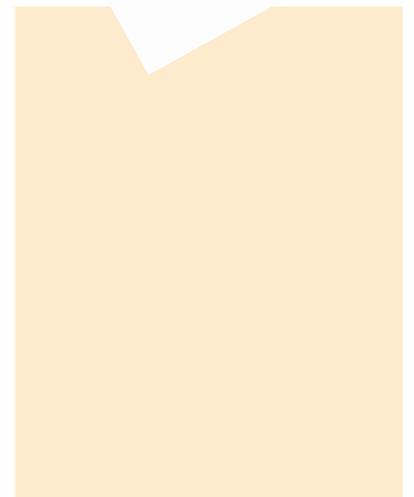
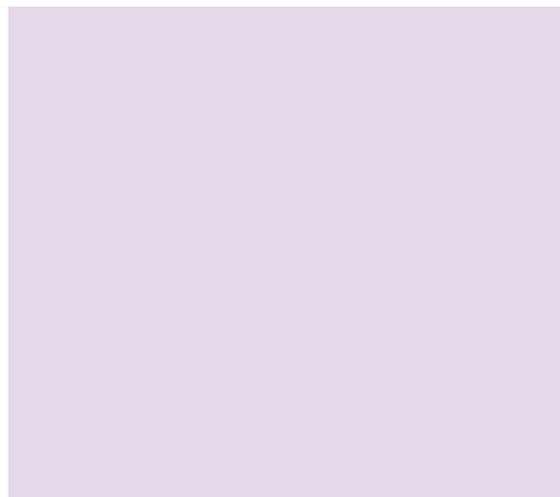
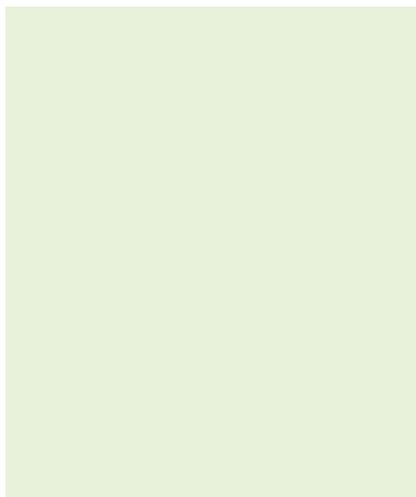
### Protein:

- ✓ Increase in canned meat, poultry, and fish
- ✓ NEW! Canned beans and dried lentils
- ✓ Smaller sizes of dried beans and peanut butter



### Grains:

- ✓ NEW! Brown rice
- ✓ NEW! Grits
- ✓ Smaller sizes of oatmeal and rice



<sup>1</sup> "USDA Commodity Supplemental Food Program - Special Edition: Food Package Update." 23 May 2019, 28 June 2019, 23 July 2019, 23 August 2019

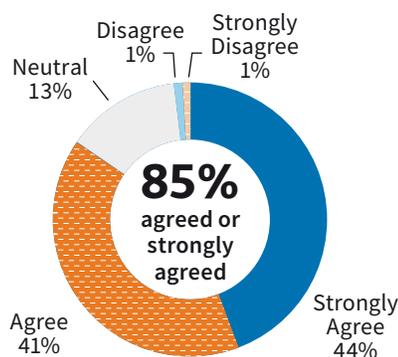
# Commodity Supplemental Food Program (CSFP) Client Survey coming in April

We want this newsletter to be useful to you. In April, your CSFP agency will ask you to take a short survey. The survey is your chance to provide feedback on the services you receive through the program, including this newsletter. *Have you enjoyed this newsletter? Is there anything else you would want to see in an issue? Do you have any suggestions for improvements to your senior box?* Let us know! Your answers are anonymous, and will be kept confidential.

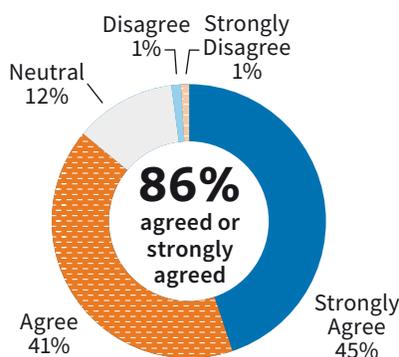
## 2019 Survey Results

The results are in for last years' CSFP survey! Last year's CSFP survey results identified the following:

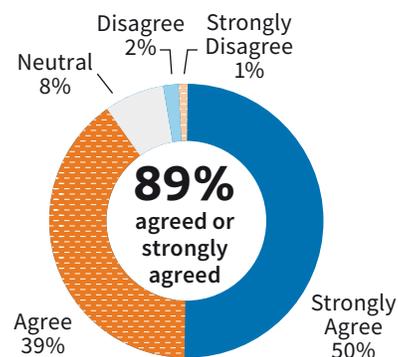
The nutrition information provided by the CSFP distribution agency is helpful.



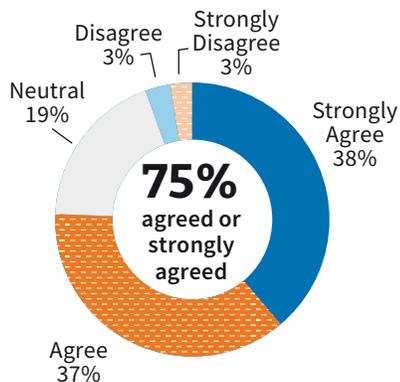
The nutrition information provided by the CSFP distribution agency is easy to read and understand.



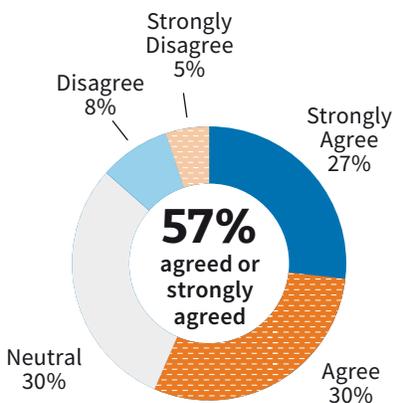
I use the majority of the food provided in my CSFP box.



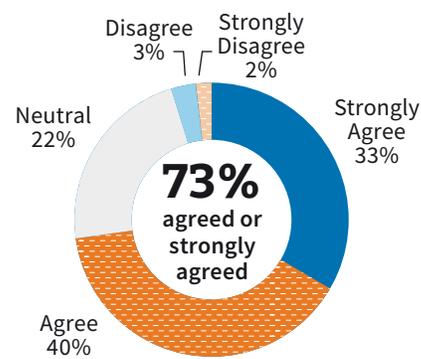
My CSFP distribution agency provides information on other nutrition, health, or assistance programs available in my area.



I try the recipes provided with my CSFP box.



Recipes suggested by the CSFP distribution agency are within my budget.



The CSFP client survey was given out before WSDA began publishing these newsletters. WSDA hopes that with the nutrition information, statewide resources, and recipe of the season provided in the newsletter, CSFP participant satisfaction will increase.

# The 2020 Census is Coming!

Once every ten years the U.S. Census Bureau conducts a survey of the entire U.S. population. You are legally required to participate. Every home in the U.S. will get a request to complete the short census survey by April 1. You can respond online, by phone, or by mail. If the Census Bureau does not hear from you before May 2020, they will visit your home.

## Why is the information collected so important?

The census is more than a head count. Census data is an important tool in understanding the needs of your community. The results of the 2020 Census not only provides a picture of our nation, it helps determine how much federal funding comes into your community.<sup>2</sup>

For organizations working to end hunger, the census data provides the most complete source of information on poverty rates, household incomes, cost of living, nutrition assistance participation, and more. WSDA uses this data to determine county funding levels to your local hunger relief agency.

## Protecting Your Information

Unfortunately, some people use the census as an opportunity to try to cheat people out of their money and their identity. The Census Bureau is required by law to protect your information. Census Bureau employees will NEVER:

- Ask to come into your home.
- Ask for your bank or credit card account numbers.
- Ask for your Social Security number.
- Ask for money or donations.
- Ask for your mother's maiden name.
- Threaten you with arrest if you do not respond.

## Spotting a Census Scam

### Online:

- The census will NEVER start contact through email.
- Any follow-up emails will ALWAYS have an email address ending in "census.gov" NEVER a ".com".
- ALWAYS look for "https://" or a  symbol in the web address.

### In Person:

- Ask for census takers' ID badge. Their ID should include their photograph, a U.S. Department of Commerce watermark, and an expiration date.

### Physical Mail:

- The Census Bureau surveys will ALWAYS list the return address as Jeffersonville, Indiana.

If you have any doubt about a Census Bureau employee or if an email or piece of mail is legitimate, call the Census Bureau office to verify at 1-800-923-8282.<sup>3</sup>



## Recipe of the Season

### Shepherd's Pie

Number of Servings: 8

#### Ingredients:

- 1 can (24 oz.) Beef with Natural Juices \*
- 2 tbsp. Flour
- 1 cup Canned Corn, No Salt Added\*
- 1 cup Canned Green Beans, Low-Sodium\*
- 1 cup Canned Carrots, Low-Sodium\*
- 1 cup Low Sodium Beef or Chicken Broth
- 2 cup Water
- ½ cup 1% Low Fat UHT Milk\*
- 2 ¼ cup Instant Mashed Potatoes\*
- 3 tbsp. Butter or Margarine
- ½ tsp. Salt
- Optional – ½ cup Shredded Cheese\*

#### Directions:

Preheat oven to 375°F.

1. Drain canned beef and brown in skillet over a medium-high heat.
2. Stir in flour and cook for 1 minute, stirring constantly.
3. Add drained canned vegetables and broth, bringing to a slow boil.
4. Prepare mashed potatoes by heating butter (or margarine), water, and salt in a medium saucepan until boiling. Remove from heat, and then add milk. With a fork, stir in potato flakes until soft and moist.
5. Spoon vegetable/meat mixture into an 8-inch square baking dish.
6. Spread potatoes over mixture. Bake for 25 minutes.
7. Optional: sprinkle top of pie with cheese.

**Source:** Adapted from USDA's MyPlate Kitchen.

\*Items are typically included in a CSFP box.

### Nutritional Info

Servings Per Recipe: 8
Amount Per Serving
Calories: 331.8
Total Fat: 16.7 g
Cholesterol: 77.3 mg
Sodium: 581.2 mg
Total Carbs: 23.2 g
Dietary Fiber: 2.8 g
Protein: 20.4 g

<sup>2</sup> What Is the 2020 Census?, 2020, [2020census.gov/en/what-is-2020-census.html](https://www.2020census.gov/en/what-is-2020-census.html);

<sup>3</sup> Avoiding Fraud and Scams, 2020, [2020census.gov/en/avoiding-fraud.html](https://www.2020census.gov/en/avoiding-fraud.html)



Washington  
State Department of  
Agriculture

### Food Assistance

Phone: (360) 725-5640

Email: [foodassistance@agr.wa.gov](mailto:foodassistance@agr.wa.gov)

### On the internet at:

[agr.wa.gov/services/food-access](https://agr.wa.gov/services/food-access)