

# SENIOR NUTRITION NEWSLETTER

Nutrition Information, Recipes, and Resources for Seniors



Washington  
State Department of  
Agriculture

## WINTER 2022

VOLUME 4, ISSUE 3

### Brr, it's cold out there!

Winter can be a lonely time, but seeing friends, eating a balanced diet, and regular exercise all improve your mental and physical health.



## Keeping it Fresh with Winter Produce

Even in the dark and gloomy days of winter, a wide variety of local produce is still available from Washington growers. In addition to leafy collard greens and kale, you can find the bright colors of winter squash, carrots, and beets, along with fruit like cranberries, apples, and pears. While you can choose from many types of locally grown fruits and vegetables, seasonal winter produce can get a bit boring. Mix it up and find ways to make the most of your meals.

Check out the tips on the next page to help you get your Daily Recommended Intake of fruits and vegetables throughout the winter, all while eating seasonally. The Dietary Guidelines for Americans recommend eating 2 – 3 ½ cups of vegetables per day plus 1 ½ - 2 cups of fruit for adults aged 60 and over.<sup>1</sup>

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### Days to Celebrate

#### DECEMBER

- 1 National Eat a Red Apple Day
- 17 National Maple Syrup Day

#### JANUARY

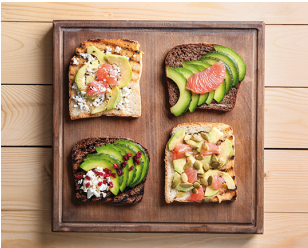
##### National Celebrate Life Month

- 11 National Milk Day
- 24 National Peanut Butter Day

#### FEBRUARY

- 2 Optimist Day
- 17 National Cabbage Day
- 23 National Chili Day





**Roast vegetables to bring out their sweetness.** Roasting makes vegetables sweeter and more delicious. Peel and trim a medley of your favorite winter vegetables, then cut them into bite-sized pieces. Toss in a little oil, and roast on a tray until tender. Higher temperatures (between 425-450°F) make vegetables soft on the inside, while the outside gets brown and caramelized. Change up the flavors by trying different spices and seasonings before roasting, or topping with different herbs, vinegars, or citrus juice once they are cooked.

**Try winter produce that's less familiar.** Winter produce options are more than they used to be. Maybe you've never had a fruity persimmon, or you've shied away from bitter chicory greens. You may find a new seasonal favorite by branching out. If new vegetables seem intimidating, try a new variety of something familiar, like a different type of winter squash or golden beets instead of red.

**Mix in seasonal non-Washington produce.** Washington produce can be made even better by using seasonal ingredients from other places. Southern states and other countries are producing popular foods like avocados and citrus. A squeeze of fresh citrus over roasted vegetables takes them to the next level, and a few slices of avocado can be a tasty addition to soups, salads, or sandwiches.

**Shake up the traditional salad.** A bed of leafy greens topped with roasted squash and honey mustard vinaigrette is a wonderful winter side dish, but winter salads have a lot more to offer. Instead of leafy greens, try shaving or thinly slicing hearty vegetables like Brussels sprouts and carrots. Let them marinate for 20 minutes in a vinaigrette before topping with one tablespoon of crumbled cheese and/or nuts. Alternatively, swap the traditional leafy greens for something heartier like lentils, quinoa, or a cooked whole grain. 🌿

## Agencies that Help Older Adults<sup>2</sup>

Federal, state, and local government agencies offer many kinds of assistance, but finding the right place can be tricky. Below is a list of agencies that are specific to the needs of older adults. To find your local office for any one of the agencies below, go to [dshs.wa.gov/ALTSA/resources](https://dshs.wa.gov/ALTSA/resources) or call 211.

### Area Agency on Aging (AAA)

AAA offices are available in every county in Washington. They are a tremendous resource and one of the best places to start for any adult over 60. They are experts in the types of support and resources available in your area.

### Senior Information & Assistance (I&A)

I&A is a free information and referral service for adults over 60 and family or friends helping to care for the older adult. They can help you plan, find assistance, review eligibility, and make referrals for legal and housing services.

### Aging and Disability Resource Centers (ADRCs)

These resource centers offer free long-term care information,

referrals, and assistance for people of all ages. Washington's first pilot site is in Pierce County.

### Family Care Support Program (FCSP)

This program is available to unpaid caregivers of adults needing care and living in Washington. Generally, services are free or low cost. Availability varies from community to community, and eligibility requirements may apply.

### Home and Community Services (HCS)

HCS offices are the best place to start for an adult who may need help paying for long-term care due to a medical or disabling condition.

### Adult Protective Services (APS) and Long-Term Care Ombudsman

APS investigates allegations of abuse, neglect, abandonment, and financial exploitation when a person lives in their own home. Local Long-Term Care Ombudsmen promote and protect the quality of life for people in licensed, long-term care facilities. 🌿

<sup>1</sup> USDA. *Exploring the MyPlate Food Groups*. [www.myplate.gov/](http://www.myplate.gov/)

<sup>2</sup> ALTSA (DSHS). *Agencies That Help*. <https://www.dshs.wa.gov/altsa/home-and-community-services/agencies-help>



# Staying Active While Staying Indoors

Physical activity is good for people no matter their age. Seniors especially benefit from regular exercise because it improves mood, strength, and balance.<sup>3</sup> Regular exercise also helps prevent and manage chronic health conditions like diabetes and hypertension.<sup>3</sup>

With colder temperatures and stormy weather, exercising outdoors can be challenging during the winter, but it's important to maintain regular physical activity. In general, older adults should aim for 2 ½ hours of moderately intense exercise per week.<sup>4</sup> Here are some helpful tips, so you can stay active and safe this winter season.

## Schedule movement into your day

Morning exercise is a popular choice because minds and bodies often feel the freshest. Consistency is the key. Setting a designated time to get up and move everyday can help you stay on track. Write yourself a note or set a daily alarm as a reminder.

## Explore your existing options

Many health insurance companies, public libraries, and community centers offer resources like instructional classes or videos. Nowadays there are many free virtual options and online videos too. It's likely you already have access to support and resources. If you need assistance learning technology, the Department of Homeland Security<sup>5</sup> recommends free classes from Older Adults Technology Services (part of AARP) available at [seniorplanet.org](https://seniorplanet.org).



## Work with what you have

Cans of soup or water bottles can be used as light hand weights. Go from a sitting to a standing position 2-3 times in a row instead of just once. Go up and down the stairs one extra time. Or turn up the music and dance in your kitchen while making dinner.



## Get outside when you can

When it's rainy, icy, or otherwise slippery, stay inside to prevent slips and falls. Take advantage of sunnier days by going outside for a walk. Wear appropriate footwear and take it slow to avoid slipping. Inviting a friend can give an extra layer of safety and social time.



## Incorporate variety into your routine

Try to incorporate all five elements of fitness<sup>3</sup> into your weekly routine: aerobic conditioning, strength training, flexibility activities, consistency, and safety. Mixing different types of exercise and activities maximizes the benefits of physical activity and helps avoid boredom. 🌱

<sup>3</sup> Mayo Clinic. *Ways for seniors to remain active during winter*. Speaking of Health [Blog]. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/ways-for-seniors-to-remain-active-this-winter>

<sup>4</sup> MyPlate (USDA). *Older Adults – Be Active*. <https://www.myplate.gov/life-stages/older-adults>

<sup>5</sup> Department of Homeland Security. (2021, June 24). *Technology Support for Seniors*. Employee Resources [Blog]. <https://www.dhs.gov/employee-resources/blog/2021/06/24/technology-support-seniors>

# Potato Soup

Time: 1 hour, Servings: 6

## Recipe of the Season

### Ingredients:

- 1 cup onion, chopped
- 1 tablespoon garlic, finely chopped (or 1 teaspoon garlic powder)
- 1 tablespoon vegetable oil
- ¼ pound chicken, thawed, cut into bite-sized pieces, skin removed
- 4 cups water
- 6 small red potatoes, chopped (or 1 can low-sodium sliced potatoes, about 15 oz.)
- ¼ cup uncooked rice (white or brown)
- ½ teaspoon chili powder (or paprika, if preferred)
- 1 cup frozen peas (or 1/2 can low-sodium canned peas, about 8 oz.)
- ½ teaspoon cayenne powder or diced jalapeno chilies (optional)
- ½ cup fresh parsley or cilantro, chopped (optional)

### Directions:

1. In a large pot over medium to high heat, brown the onion and garlic in vegetable oil for about 5 minutes, stirring occasionally.
2. Add chicken to the pot and brown for about 5 minutes, stirring occasionally.
3. Add water, potatoes, rice, and chili powder to the pot, then stir.
4. Bring the pot to a boil and cook for 15 minutes.
5. Turn the heat lower, bring pot to a simmer and cook for 15-20 minutes, stirring every 10 minutes.
6. Add peas and cayenne or jalapeno chilies (if using). Stir well and simmer 8 more minutes.
7. Remove pot from the heat, and add chopped parsley or cilantro, if using.
8. Give a final stir to mix things well. Cover with a lid and let sit 5 minutes. Serve hot.

### Nutrition Facts

Serving Size: 1 1/2 cups

Amount Per Serving  
**Calories** **225**

**Total Fat** **3 g**

Saturated Fat 0 g

**Cholesterol** **13 mg**

**Sodium** **38 mg**

**Carbohydrates** **40 g**

Dietary Fiber 5 g

Total Sugars 4 g

Added Sugars incl. 0 g

**Protein** **10 g**

Vitamin D 0 mcg

Calcium 48 mg

Iron 2 mg

Potassium 947 mg

Find hundreds of healthy,  
budget-friendly recipes at  
[myplate.gov/myplate-kitchen](https://myplate.gov/myplate-kitchen)

## Recipe Resources

These websites are great places to learn more about individual ingredients and build cooking skills with written recipes and videos. Most recipes are based on seasonal produce and items that commonly come through USDA Foods programs such as CSFP and TEFAP. Keep this list nearby for when you are planning your weekly meals. Many of these websites have resources in languages other than English.

### MyPlate Kitchen | [myplate.gov](https://myplate.gov)

Click on the 'Resources' header, or type 'Recipes' into the search box at the top of the page.

### Skagit County Extension – Farm to Families | [extension.wsu.edu/skagit](https://extension.wsu.edu/skagit)

Type 'Farm to Families' in the search box.

### Food Hero | [foodhero.org](https://foodhero.org)

Click on the 'Recipes' or 'Ingredients' links at the top of the page.

### ONIE Project – Hearty, Healthy, and Homemade | [onieproject.org](https://onieproject.org)

Type recipe ingredients into the search bar or click on the 'Recipes' link at the top of the page.

### Live Well | [wasnap-ed.org/live-well](https://wasnap-ed.org/live-well)

Click on the 'Cook' link for recipes. Find other resources under 'Plan' and 'Eat.'

### EatFresh | [eatfresh.org](https://eatfresh.org)

Click on 'Find a Recipe' from the main menu or use the shortcut link in the upper right corner.

### The Healthy Recipe Database | [capitalareafoodbank.org](https://capitalareafoodbank.org)

Type 'Recipes' into the search box, or click on 'What We Do' > 'Nutrition & Wellness' > 'Recipes'

### Spend Smart, Eat Smart | [spendsmart.extension.iastate.edu](https://spendsmart.extension.iastate.edu)

Click on any of the header links like 'Cook,' 'Recipes,' or 'Plan.'

### Eat Smart in the Kitchen | [eatsmartidahointhekitchen.com](https://eatsmartidahointhekitchen.com)

Click on the 'Recipes' link at the top of the main page.

### WSDA Nutrition and Recipe Resources | [agr.wa.gov/services/food-access](https://agr.wa.gov/services/food-access)

Click on 'Hunger Relief Resources' in the top navigation box, then click 'Recipes and Nutrition Resources'

### Cooking Matters | [cookingmatters.org](https://cookingmatters.org)

Click on the 'Recipes' or 'Tips' links at the top of the page.



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### 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)