

MEALS AND MORE



OBSERVANCES:

August 4 - National Chocolate Chip Cookie Day

August 17 - National Non-profit Day

August 21 - National Senior Citizen Day

August 29 - National More Herbs, Less Salt Day

August - National Peach Month

**AUGUST
2022**

MORE HERBS, LESS SALT!

To reduce the amount of sodium in the average American's diet August 29 was deemed National More Herbs, Less Salt Day. On top of using the salt shaker on meals, sodium is often an ingredient used in many prepackaged and convenient foods. This means a lot of Americans are getting more sodium in their diets than they are aware of. Herbs are great for added flavor, color, or fragrance. August 29 is a great day to begin giving more attention to your salt intake while finding other creative ways to use herbs and spices to flavor food.

REDUCING SODIUM INTAKE



Tips for Reducing Sodium Intake

To reduce your sodium intake, try to:

1. Select canned vegetables labeled with “no salt added” and frozen vegetables without salty sauces. When they are added to casseroles, soups, or mixed dishes, there are plenty of other ingredients added so you will not miss the salt.
2. Drain and rinse canned beans, such as chickpeas or kidney beans, and vegetables. By doing this, you can cut the sodium by up to 40%.
3. Different brands of the same food can contain different sodium levels because of this you will want to carefully choose packaged and prepared foods.

4. When buying prepared meals, look for ones with less than 600 mg of sodium per meal.

5. Look for reduced or low sodium versions of condiments.

6. When cooking, use alternatives, such as herbs, spices, salt-free seasonings, garlic, or citrus juice, to replace or reduce the amount of salt used.

ITALIAN SEASONING

SERVING SIZE:
10 Tbsp.

INGREDIENTS:

6 Tbsp. dried basil
2 Tbsp. dried oregano
1 Tbsp. dried marjoram
1 Tbsp. dried thyme

DIRECTIONS:

Combine all ingredients in a jar or container with a tight fitting lid.

The go-to spice for pasta sauce, burgers, soups, and salad dressings.



NATIONAL PEACH MONTH!

Celebrate National Peach Month by eating a peach once a week for August! Peaches are a great source of vitamin C and A! Peaches can be enjoyed in both savory and sweet recipes. For savory recipes, peaches can be easily incorporated on top of any salad. If you are looking for sweet options, consider adding them as a topping to yogurt, oatmeal, or even baking a peach cobbler or pie. Peaches are at peak season from June until the end of August so enjoy them while you can!

SPOTLIGHT ON CAREGIVERS

What is a Pressure Sore?

A pressure sore is an injury to the skin and underlying tissue resulting from prolonged pressure and/or friction on the skin. This pressure against the skin reduces the blood flow to the skin and nearby tissue, consequently stopping the flow of oxygen. Reduced blood flow causes the skin to red- den and eventually open causing a wound that can be very deep and difficult to heal.

Who is at risk for Pressure Sores?

- Older adults are more at risk due to their skin being more fragile.
- Individuals with poor health including those who have chronic health conditions.
- Individuals who take eight or more medications.
- Individuals who are post-surgery or have recently had a medical procedure where they are now less mobile and aware.
- People with fragile skin, skin tears, and chronic skin problems, like rashes.

- Weight loss resulting in the loss of fat and muscle can leave less cushioning between bones and hard surfaces.
- Individuals who are not able to move themselves resulting in long periods of pressure on one area.

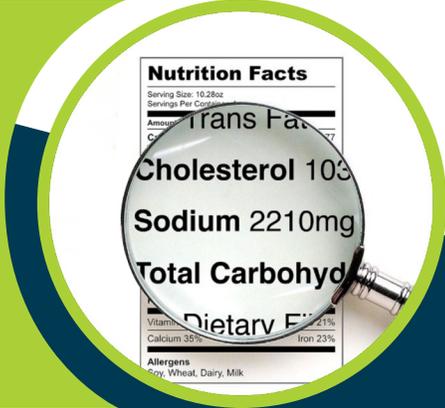
How to Prevent Pressure Sores:

If a person is in bed, they should be repositioned at least every two hours. Repositioning should be done side to side, using pillows under one side of the back. To reposition again, place a pillow on the opposite side of the underside of their back. Cushions and pillows should be placed between and under the knees, feet, and ankles.

If a person is in a wheelchair, encourage the individual to reposition every 15 minutes, and use the tilt feature on the chair to reposition every hour.

Keep the skin clean and dry. Clean the skin with mildly warm water and rinse thoroughly. Gently pat the skin dry.

Apply lotions and ointments as prescribed to prevent skin breakdown and promote skin integrity. Lightly massaging the skin will promote blood flow and circulation. Never massage over an area of skin that is red- dened or if there is skin breakdown.



Nutrition Facts	
Serving Size: 10.28oz	
Servings Per Container	
Amount Per Serving	
Total Fat	17g
Cholesterol	103mg
Sodium	2210mg
Total Carbohydrate	17g
Dietary Fiber	21%
Vitamin	21%
Calcium	35%
Iron	23%
Allergens	
Soy, Wheat, Dairy, Milk	

NUTRIENT OF THE MONTH: SODIUM

Sodium is an essential nutrient the body requires for many physiological processes. Sodium can come from natural sources or be added to foods. The majority of sodium that Americans consume comes from sodium added to processed and packaged foods by manufacturers. Although some of this sodium is added to food for safety reasons, the amount of sodium added to processed foods goes beyond what is required by safety standards. The American Heart Association (AHA) recommends you select and prepare foods with little or no salt to reduce the risk of cardiovascular disease. Most Americans should not eat more than 2,300 mg of sodium per day. And remember, 1 tsp of table salt = 2,300 mg of sodium!

RECIPE: Summer Peach Spinach Salad

PREP TIME:
15 minutes

COOK TIME:
None

SERVING SIZE:
One large salad

INGREDIENTS:

- 2 cups spinach
- 1 large peach, sliced
- ½ avocado, diced
- ¼ small red onion, sliced thin
- ¼ cup goat cheese crumbles
- ¼ cup toasted almonds
- ¼ cup balsamic vinaigrette

DIRECTIONS:

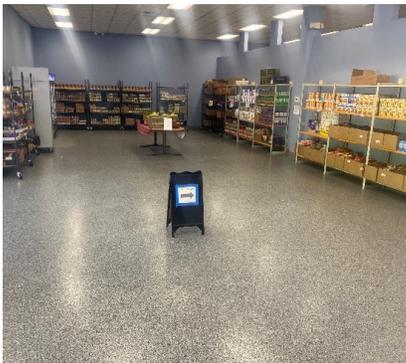
1. Gather and prepare all ingredients.
2. Put spinach in a bowl.
3. Drizzle with balsamic vinaigrette and toss together to combine.
4. Top salad with peach slice, diced avocado, red onion, goat cheese crumbles, and toasted almonds.
5. Toss gently.

NOTES:



In Fall 2021, we began to expand and remodel our Senior Pantry at 1954 Fuller Ave. in Grand Rapids, to better serve our clients. On June 14, 2022, we had an open house and ribbon cutting to unveil the newly expanded and remodeled pantry. We can now serve even more seniors in Kent County, store more pantry items, and we have a larger, safer work environment for staff and volunteers. We also have dedicated conference room space that will allow us to provide future nutrition guidance and education.

Eligible seniors can visit our pantry twice a month to stock up on meat, dairy, fresh produce, and other pantry items. To find out more information or if you or a loved one is eligible for our Senior Pantry give us a call at 616-459-3111.



If you would like to know more about our home-delivered meals, pantry or dining site programs, please call Meals On Wheels Western Michigan at 616-459-3111 or go to www.mealsonwheelswesternmichigan.org.

Meals on Wheels Western Michigan is supported by:

