

MEALS AND MORE



OBSERVANCES:

- April 7 - National Burrito Day
- April 7 - World Health Day
- April 20 - National Banana Day
- April 30 - National Raisin Day
- April - National Grilled Cheese Month
- April - National BLT Sandwich Month
- April - Alcohol Awareness Month

**APRIL
2022**

HEALTHY SNACKING

The fruit you get from MOWWM is a great option for healthy snacking! There are many benefits to eating fruits. Most fruits are low in sodium, fat, and calories. Fresh fruit is full of nutrients such as fiber, potassium and vitamin C. Foods that are higher in potassium may help to maintain a healthy blood pressure. Fruit that comes with your MOWWM meals don't have to be eaten in their whole fruit form. Take bananas - there are many ways to use them:

- Peel and freeze overripe bananas to be used later in bread, muffins, or fruit smoothies.
- Frozen bananas can also be thawed, pureed, and used in place of butter in baked goods.
- Mashed bananas can be used as an egg replacement in pancake batter.
- Blend overripe bananas into a thick liquid, pour in container and freeze for banana ice cream (see recipe in this issue)

ALCOHOL AWARENESS MONTH



The Alcohol Awareness Month campaign was started in 1987 with the intent to bring awareness around the effects of alcohol on the body. Alcoholism is an issue for many Americans that can have detrimental effects on one's health. Some statistics on alcohol in Americans include 65 million Americans report binge drinking or heavy drinking in a one-month period. In 2019 more than 10% of adults over the age of 65 reported having at least one episode of binge drinking in a month. Four percent of older adults have reported alcohol-use disorder. Binge drinking is considered more than five drinks for men and more than four drinks for

women in a single setting. Some long-term effects of excessive alcohol intake over time include high blood pressure, heart disease, mental health problems such as anxiety and depression, weakening of the immune system and more. The Dietary Guidelines for adults recommends that adults who do drink should do so in moderation. Moderate alcohol consumption is defined as two or less drinks per day for men and one or less drinks per day for women.

There are treatment options for those who are experiencing alcohol abuse. One option would be to meet with an alcohol counselor. Oftentimes support from others helps motivate individuals. Another option would be a detox phase, noting that this should only be done under professional care. It's important to understand that all recovery is different for everyone. If you or someone you love needs help, please call 2-1-1 or Alcoholics Anonymous at (888) 304-7868 or Al-Anon for family/spouse support (616) 222-0632.

(www.alcohol.org)



WHAT SENIORS SHOULD KNOW ABOUT STRESS

Stress awareness month has been recognized every April since 1992. It's important to remember that stress means something different to every person, meaning there is no definitive definition for everyone. Typically, stress is thought to be physical, mental, or emotional tension. It is important to learn ways in which to cope with stress and stressful situations, as long-term stress can wreak havoc on your mind and your body.

Helpful tips for monitoring your stress:

- Have a support network. If you're feeling stressed make sure to say something to your loved one or caregiver.
- Engage in some form of exercise safely.
- Eat nutritious food using MOWWM meals and healthy snacks.

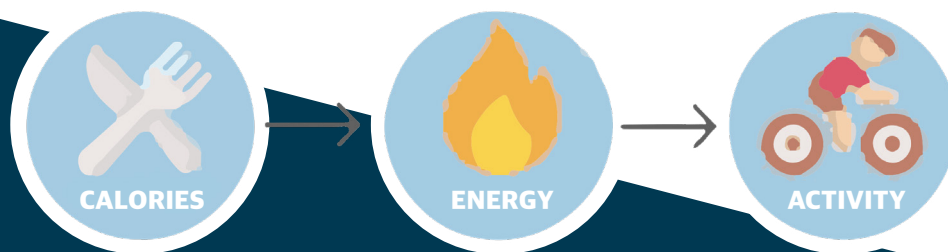
(www.stress.org/april-is-stress-awareness-month)

SPOTLIGHT ON CAREGIVERS

CAREGIVING CAN BE A STRESSFUL BUT REWARDING EXPERIENCE.

HERE ARE SOME WAYS IN WHICH CAREGIVERS CAN TAKE SOME TIME FOR THEMSELVES.

- Go for a walk outside - even 5 minutes of fresh air can help and it's finally Spring!
- Grab a cup of coffee with a friend.
- Watch a funny movie.
- Cook a nutritious meal or bake a fun snack.
- Watch a fun dance video on YouTube and dance along - any movement counts!
- Cozy up and read a good book.
- Take a warm bath.
- Pamper yourself without guilt.



NUTRIENT OF THE MONTH: CALORIES

A calorie is simply a unit of measurement for energy. Calories come from many different sources such as carbohydrates, fats, and protein. However, vitamins and minerals do not contain calories. You may have heard that calories are bad for you, however this is not the case. Calories are your body's source of energy. Calories help our bodies operate daily. For example, they help our heart to beat, our lungs to expand with air, and much more. Consuming an excess number of calories without burning them off can cause weight gain. People come in all shapes and sizes so the number of calories each person needs varies as well. The average older adult requires an intake of about 2,000 calories per day.

RECIPE: Chocolate Banana Ice Cream

Spring 2022

PREP TIME:
30 min

COOK TIME:
2 hours

SERVING SIZE:

INGREDIENTS:

2 ripe bananas peeled and cut

1 tablespoon of cocoa powder

Splash of milk for desired consistency

DIRECTIONS:

- Peel and cut banana
- Put banana into the freezer for at least two hours
- Put banana and splash of milk into the food processor or blender
- Blend until smooth
- Add in cocoa powder and blend until incorporated
- For soft ice cream serve immediately for more firm ice cream chill in the freezer

NOTES:

You can add a ½ cup fresh strawberries or blueberries to the blender with the banana if desired. You can add 1 T. of peanut butter before blending for extra protein.

DESSERT



LET'S MAKE A SANDWICH!

Unscramble the things you often use to make a sandwich.

1. drabe _____
2. cluteet _____
3. oomatt _____
4. kryute _____
5. upenattrubet _____
6. eyljl _____
7. drumtas _____
8. eshece _____
9. febe _____
10. gloonab _____

- ANSWERS
1. bread
 2. lettuce
 3. tomato
 4. turkey
 5. peanut butter
 6. jelly
 7. mustard
 8. cheese
 9. beef
 10. bologna

WHAT'S
NEW AT
MOWWM

Your Meals and More Wellness Guide has an all-new look! The content is the same, just a new and improved design. We will still be providing updated nutrition information, news about our menus and programs, and healthy recipes for you to try and enjoy. We've also added a new section on Nutrients and how they work in the body to keep you healthy. Of course, you'll recognize the MOWWM brand colors to match our well-known logo. We hope you enjoy every issue!