

# MEALS AND MORE



## OBSERVANCES:

- National Egg Day (June 3)
- National Cancer Survivor Day (June 2)
- World Food Safety Day (June 7)
- Flag Day (June 14)
- World Elder Abuse Awareness Day (June 15)
- National Eat Your Vegetables Day (June 17)
- Father's Day (June 16)
- Juneteenth Independence Day (June 19)
- National Hydration Day (June 23)
- National Chocolate Pudding Day (June 26)
- Alzheimer's and Brain Awareness Month
- National Safety Month
- National Dysphagia Month
- National Dairy Month
- National Fresh Fruit and Vegetable Month
- Wound Care Awareness Month

**JUNE  
2024**

## IT'S NATIONAL FRESH FRUIT AND VEGETABLE MONTH!

Although fruits and vegetables in any form are delicious and nutritious, this month we will focus on FRESH! What are your favorite fresh fruits and vegetables?

When is the last time you ate a fresh fruit or vegetable?

Turn the page to read more on how to store them at home to keep them fresh.

# FRESH FRUIT & VEGGIES

**These storage tips will help keep your fruit and vegetable purchases fresher longer so you get your money's worth.**

**General Storage Tips** - Some produce can be stored in the refrigerator at 40° F or below or on the counter. Refrigerate all produce that is purchased pre-cut or peeled.

## FRUIT

**Apples** - Apples are ethylene gas producers so store away from other produce. They can be stored on the counter for up to a week or in the fridge for more than a week.

**Avocados** - Ripen on the counter then store in the refrigerator.

**Bananas** - Keep green bananas out of the refrigerator and let them ripen on the counter or a banana hanger.

**Berries** - Blueberries, blackberries, strawberries and raspberries are delicate and should not be washed until ready to eat. Keep in refrigerator in dry, covered containers.

**Cherries & Grapes** - Store in refrigerator, unwashed, in their packaged plastic containers or plastic bags until ready to wash and eat.

**Citrus fruit** - Extend the shelf life of clementines, grapefruit, lemons, limes and oranges by storing them in the crisper drawer or in a mesh bag in the refrigerator.

**Melons** - Store cantaloupe and honeydew loose in the refrigerator, even before they're cut. Watermelon can be kept in a dark, dry place away from other produce. Keep cut melon in the fridge.

**Stone fruit** - Keep nectarines, peaches and plums in a paper bag on the counter until they are ripe then move to the refrigerator where they'll last a few more days.

**Tomatoes** - Always store at room temperature as the refrigerator will make them rot quickly. Keep loose in a bowl away from sun or heat (like the stove.)

## VEGETABLES

**Broccoli & Cauliflower** - Broccoli and cauliflower are best kept in separate refrigerator drawers away from other produce.

**Celery** - Store in the refrigerator.

**Corn** - Store in the refrigerator inside their husks.

**Cucumbers** - Store at room temperature. Can be kept in the refrigerator for 1 to 3 days if they are used soon after removal from the refrigerator.

**Eggplant** - Store at room temperature. Can be kept in the refrigerator for 1 to 3 days if they are used soon after removal from the refrigerator.

**Green beans** - Store in the refrigerator.

**Leafy green vegetables** - Greens like lettuce, collards, chard, kale, and spinach should be stored in the refrigerator.

**Onion family** - Store garlic and onions in a cool, dark and dry space but separate from other foods because of their strong odors.

**Mushrooms** - Keep unwashed in the refrigerator. Moisture makes them slimy.

**Peppers** - Store at room temperature. Can be kept in the refrigerator for 1 to 3 days if they are used soon after removal from the refrigerator.

**Root vegetables** - Store carrots, beets, and radishes in the refrigerator. Store potatoes, sweet potatoes and winter squashes in a cool, dark and dry place like a pantry or cellar.

([www.heart.org](http://www.heart.org))

With the summer having just begun, it is important to consider the importance of staying properly hydrated throughout the season. National Hydration Day was created for this very reason and occurs annually on the 23rd of June. Staying well hydrated is widely believed to be able to help improve your mental clarity and concentration, reduce fatigue, and keep your skin looking youthful and radiant. It also helps control blood pressure. So stop right now and go have a glass of refreshing cold water or even iced tea to hydrate well!

# SPOTLIGHT ON CAREGIVERS

**June is Wound Healing Awareness Month,** a time to recognize the challenges faced by individuals with non-healing wounds and increase awareness of how specialized care can save limbs and lives.

In the United States, nearly 8 million people suffer from chronic wounds including diabetic foot ulcers, venous ulcers, and pressure injuries (bed sores). Early evaluation and treatment is very important to help avoid complications including infection, sepsis, or amputation.

Here are six things you need to know about specialized wound care:

1. If you have a wound anywhere on the body that hasn't healed within 3-4 weeks (earlier if you have diabetes) ask your doctor to refer you to a wound care specialist.
2. Inspect your feet daily and keep them clean. If you have pedicures, be sure everything used on your feet is thoroughly sanitized.
3. Be aware of diabetic neuropathy. Many diabetics don't feel pain in the legs and feet because high

glucose levels over time can damage the nerves in the lower limbs and thus need to inspect their feet every day. A chronic wound can remain undetected for several weeks, causing an infection to develop and rage out of control.

4. Elevations in blood glucose reduce the body's ability to fight off infection and can slow the body's healing process. Keeping glucose levels under control helps prevent hardening of the arteries, narrowing of the blood vessels, and nerve damage.

5. Learn about hyperbaric oxygen therapy (HBOT). If you're a cancer patient suffering from the late effects of radiation treatment - even if it's months or years later - ask your physician about HBOT. HBOT can help rejuvenate the skin and tissues by pumping oxygen-rich blood to damaged areas, encouraging healing.

6. Smoking, excessive alcohol consumption and poor diet/obesity can play a role in the development of chronic wounds and can negatively impact healing

If you or someone you love is suffering from a non-healing wound, contact your doctor.

([www.grandviewhealth.com](http://www.grandviewhealth.com))

## THE 9 ESSENTIAL AMINO ACIDS



### PHENYLALANINE

Phenylalanine is a building block for brain neurotransmitters.



### VALINE

Valine helps stimulate muscle growth and regeneration and is involved in energy production.



### THREONINE

Threonine plays a crucial role in metabolism and the production and maintenance of collagen and elastin.



### HISTIDINE

Plays a role in immunity, sleep and nervous system.



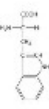
### LYSINE

Lysine plays major roles in protein synthesis, hormones, energy production, and the production of collagen and elastin.



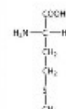
### ISOLEUCINE

Is needed for muscle metabolism and can be found in heavy concentrations within muscle tissue.



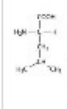
### TRYPTOPHAN

A precursor to neurotransmitters that regulates your appetite, sleep and mood.\*



### METHIONINE

Methionine plays an important role in metabolism and detoxification.



### LEUCINE

Is critical for protein synthesis muscle repair and the production of growth hormones.

## Amino Acids - The Building Blocks of Protein

Be sure to eat a variety of foods high in protein to ensure you are getting in all 9 essential amino acids. High protein foods include beans, nuts, eggs, fish, meat, and dairy.

# RECIPE: Rainbow Salad

<b>PREP TIME:</b> 10 minutes	<b>COOK TIME:</b>	<b>SERVING SIZE:</b> 4-5 Servings
<b>INGREDIENTS:</b> 3 cup salad greens 1/2 cup diced cherry tomatoes 1/2 cup sliced or shredded carrots 1/2 small yellow bell pepper, diced 1/2 cup chopped cucumber, I like to use English cucumbers 1/2 cup blueberries 1/2 cup shredded purple cabbage 1/2 cup sliced red onion  Dressing Recipe: 1/4 cup olive oil, 3 Tablespoon apple cider vinegar, 3/4 teaspoon granulated garlic, 3/4 teaspoon dried herbs Salt and black pepper, to taste	<b>DIRECTIONS:</b> <ul style="list-style-type: none"> <li>• Make the salad dressing by adding all dressing ingredients to a medium sized bowl and whisking until combined.</li> <li>• Assemble your salad: Add the salad greens to a large bowl and then top with all the rainbow-colored fruits and veggies. You can take your time and arrange them in a nice pattern, or you can throw everything together in a large bowl.</li> <li>• Dress the salad with desired amount of dressing or let everyone dress their own salad portion.</li> </ul>	
<b>NOTES:</b> For dried herbs you can use seasons such as Trader Joe's Green Goddess Seasoning or Herbs De Provence.		



Have you tried our new meals on the Spring Choice menu yet? Remember being a child and trying new foods for the first time? Well, it's time to be child-like again and experience what different combinations of low-sodium ingredients in scratch cooking taste like. Put your order in today!

(pictured: Baja Beef with Warm Barley Salad, Cajun Chicken with Veggie Dirty Rice and Red Gravy, Beef & Broccoli with Veggie Fried Rice)



**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](http://www.mealsonwheelswesternmichigan.org)**



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