

# HEALTHY BITES

MARCH 2025

## MARCH IS NATIONAL NUTRITION MONTH!

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Food Connects Us." Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food.

Another way to connect with food includes learning about the traditions or history behind what you're eating. Whether a food is traditional or new to you, learning more about how and why it's prepared can be a valuable experience. Call us if you ever have a question about the foods and meals we offer. (616) 459-3111.



## NATIONAL KIDNEY MONTH

Over 37 million adults in the United States have chronic kidney disease (CKD). Causes of CKD include diabetes, high blood pressure, heart disease, family history of the condition, and certain medications. In the early stages, many people don't have symptoms which is why most people don't know they have the disease.



CKD is diagnosed with blood or urine tests used to check kidney health. If you have CKD, nutrition plays a big role in the care of your disease. Certain nutrients, like potassium, phosphorus, and sodium can be concerning and build up in the blood if the kidneys aren't functioning properly. But that may not mean to completely cut out these very important nutrients. All bodies with CKD are unique so it's important to explore potentially why these nutrients are high. The answer could be different than just the foods eaten. Ask your doctor about your kidney health today!

## EAT SPINACH TODAY!

March 26th is National Spinach Day! Spinach, a leafy green known for its nutritional powerhouse properties, has long been celebrated for its health benefits, from boosting muscle strength to improving bone health. National Spinach Day honors this versatile vegetable, which has graced tables worldwide in various dishes, from fresh salads to hearty stews and smoothies. A wide variety of essential vitamins, minerals, and plant compounds occur naturally in spinach, and often work together to provide an array of health benefits. Try the recipe below for breakfast this week. If you receive Home-Delivered Meals, try the Baked Chicken with Seasoned Spinach, scratch-made in our Grandville kitchen.



## NEED MORE FOOD?

Our Senior Pantry Program is designed to be a safe place for seniors to source nutritious food. Eligible seniors can shop for groceries twice a month. It's a wonderful resource that supports healthy, independent aging in our senior community. To qualify for our Senior Pantry Program, seniors must meet the following requirements: They must be 60 or older. They must live in Kent County. Their income must be below 200% of current poverty guidelines. Eligible participants can call (616) 459-3111 and select option 3 for information on the Senior Pantry. Seniors have their choice of shopping once or twice a month, totaling \$100-120 (80-100 lbs.) of groceries each month.

### REMINDER:

Don't forget to "Spring Forward" and set your clocks ahead one hour on Sunday, March 9!

**SPINACH SCRAMBLED EGGS** Prep Time: 10 min Cook Time: 10 min Servings: 2 Serving Size: 1/2 of batch

### Ingredients

2 tablespoons olive oil  
½ medium onion, diced  
½ teaspoon salt - plus a pinch for the onions  
¼ teaspoon black pepper - divided  
4 large eggs  
2 tablespoons parmesan cheese  
2 cups fresh spinach leaves, rinsed and dried  
¼ teaspoon red pepper flakes

### Directions

1. Heat the olive oil in a large nonstick skillet over medium heat for about 2 minutes.
2. Add the onion. Sprinkle with a pinch of salt and pepper. Cook, stirring occasionally, about 5 minutes.
3. While the onions are cooking, whisk the eggs, a pinch of salt, a pinch of black pepper, and parmesan in a medium bowl. Set aside.
4. When the onions are golden brown, add the spinach leaves to the skillet. Cook, stirring, just until the leaves begin to wilt, about 1 minute. Don't overcook the spinach.
5. Pour the egg mixture into the skillet. Cook the eggs over medium heat, pushing them back and forth with a rubber spatula.
6. Sprinkle the scramble with red pepper flakes. Serve immediately.