

PEAS AND CARROTS

Indiana FSSA's Division of Aging

April 2023



United States Department of Agriculture

Easy Steps to Prevent Food Waste

Everyone is shopping smarter these days. It is important for the environment to keep food waste out of landfills where it produces methane, a powerful greenhouse gas.

Use these tips to save on groceries and help the environment.

“Nature is the best physician”

-Hippocrates

1. Plan ahead



Before you go to the grocery store or order online, make a list so you don't buy more than you need.

2. Serve smart



Portion control is good for your waistline, and good for reducing plate waste.

3. Love your leftovers



Pack leftovers in small portions in shallow containers, mark the contents and date, refrigerate and use within 3 to 4 days or freeze immediately.

4. Compost, don't trash



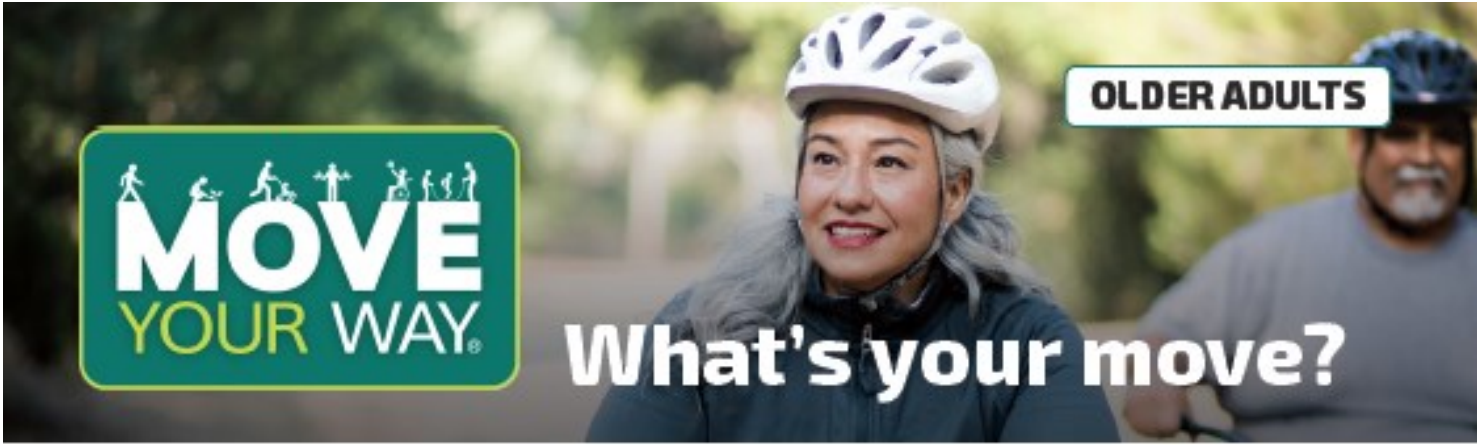
Food scraps can be recycled into compost, an organic material that can be added to soil to help plants grow. Set up a home compost bin or drop your food waste at a local compost center.

In This Issue

- ◆ Prevent Food Waste
- ◆ Physical Activity
- ◆ Stress/Anxiety
- ◆ Word Search
- ◆ Earth Day
- ◆ Recipe

Learn more about food loss and waste prevention at www.usda.gov/foodlossandwaste.





OLDER ADULTS



What's your move?

Physical activity can make daily life better.

When you're active and strong, it's easier to:



Do everyday tasks, like chores and shopping



Keep up with the grandkids



Stay independent as you get older

And it has big health benefits, too.

- ✓ Less pain
- ✓ Better mood
- ✓ Lower risk of many diseases

How much activity do I need?

Moderate-Intensity aerobic activity

Anything that gets your heart beating faster counts.



Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Break it up over the whole week however you want!

Physical activity can help manage many health problems.

✓ Reduce symptoms of arthritis, anxiety, and depression

✓ Help keep diabetes and high blood pressure under control

Just getting started?

No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. Build up to more activity over time.

Mix in stretches and activities to improve your balance, too! Keep your body flexible and help lower your risk of falls.

And all sorts of activities count.



Even things you have to do anyway



Even things that don't feel like exercise

You can get more active.

No matter your age, you can find a way that works for you.



So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.

health.gov/MoveYourWay/Activity-Planner





I'M SO STRESSED OUT!

Is it stress or anxiety?

Stress

- Generally is a response to an *external* cause, such as taking a big test or arguing with a friend.
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

Both Stress and Anxiety

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- Excessive worry
- Uneasiness
- Tension
- Headaches or body pain
- High blood pressure
- Loss of sleep

Anxiety

- Generally is *internal*, meaning it's your reaction to stress.
 - Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.

Ways to Cope

- Keep a journal.
- Download an app with relaxation exercises.
- Exercise and eat healthy.
- Get regular sleep.
- Avoid excess caffeine.
- Identify and challenge your negative thoughts.
- Reach out to your friends or family.

Find Help

If you are struggling to cope, or the symptoms of your stress or anxiety begin to interfere with your everyday life, it may be time to talk to a professional. Find more information about getting help on the National Institute of Mental Health website at www.nimh.nih.gov/findhelp.



National Institute
of Mental Health

nimh.nih.gov/stressandxiety

NIMH Identifier No. OM 20-4319

Word Search Bank

ACTIVITIES

ANXIETY

BENEFITS

CLIMATE

COMPOST

ENVIRONMENT

GREENHOUSE

JOURNAL

LANDFILLS

LEFTOVERS

MEAL PREP

ORGANIC

QUINOA

RELAXATION

TENSION

WORD SEARCH

T	M	L	Y	N	Y	T	J	K	U	M	E	A	X	C
N	N	D	E	B	O	T	X	O	H	S	N	N	C	L
C	D	E	W	F	S	I	B	I	U	P	S	X	M	L
I	L	K	M	R	T	E	S	O	R	Q	L	I	I	B
A	O	I	W	N	N	O	H	N	W	N	L	E	L	N
G	O	G	M	E	O	N	V	X	E	H	I	T	A	G
N	J	N	F	A	E	R	I	E	G	T	F	Y	N	O
T	O	I	I	E	T	K	I	H	R	J	D	O	R	Z
W	T	W	R	U	A	E	O	V	N	S	N	R	U	B
S	N	G	Q	E	Q	N	X	F	N	K	A	G	O	A
C	O	M	P	O	S	T	W	D	J	E	L	A	J	B
S	E	I	T	I	V	I	T	C	A	A	R	N	H	H
A	R	E	L	A	X	A	T	I	O	N	E	I	J	G
K	P	E	R	P	L	A	E	M	W	X	K	C	T	F
N	C	N	N	R	F	B	S	Y	I	E	Z	Z	O	D

Earth Day– April 22, 2023

Theme: Invest In Our Planet

“Highlighting the importance of dedicating our time, resources, and energy to solving climate change and other environmental issues.”

Some suggested ways to make a difference through nutrition include: affecting climate change through your diet, making plant –based swaps in your diet, eating less meat, growing an organic garden, buying local food, and prepping meals.

Visit earthday.org/earth-day-tips/ for the list of 52 actions to make a difference.

HAPPY EARTH DAY



Black Bean –Quinoa Bowl

Recipe Courtesy: <https://www.eatingwell.com/recipe/260726/black-bean-quinoa-buddha-bowl/>

Servings: 1

Nutrition Information:

Calories 500; Protein 20.4g; carbohydrates 73.6g; dietary fiber 19.6g; sugars 10.7g; fat 16.2g; saturated fat 2.4g; calcium 114mg

Ingredients:

3/4 cup canned black beans, rinsed
2/3 cup cooked quinoa
1/4 cup hummus
1 tablespoon lime juice
1/4 medium avocado, diced
3 tablespoons pico de gallo
2 tablespoons chopped fresh cilantro

Directions:

Combine beans and quinoa in a bowl. Stir hummus and lime juice together in a small bowl; thin with water to desired consistency. Drizzle the hummus dressing over the beans and quinoa. Top with avocado, pico de gallo and cilantro.

Contact Us

Contact the Division of Aging at

1-888-673-0002

Monday through Friday
8 a.m. to 4:30 p.m. EST

or visit us online:
www.in.gov/fssa/2329.htm

Division of Aging
402 W. Washington St.,
P.O. Box 7083, MS21
Room W-454
Indianapolis, IN 46204

PLACE
STAMP
HERE