Peas and Carrots

OLDER AMERICANS MONTH

FLIP THE SCRIPT ON AGING: MAY 2025

"Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."

-Henry Ford

This year's theme will focus on changing how aging is perceived, talked about, and approached. The article below, provided by the Administration for Community Living, outlines ways for older adults to give to the next generation.

Giving to the Next Generation

From self-expression to self-direction, there are countless ways for older adults to stay engaged and give back to others at the same time. Some of the most rewarding ways to express yourself and contribute to your community involve passing on experiences, wisdom, and skills to the generations that follow.

Everyone has something to share, and these ideas can help get you started.

Mentor. Use professional or personal experiences to guide a child, young adult, or even a peer. Example: Visit Senior Corps at nationalservice.gov to learn about becoming a foster grandparent.

Volunteer. Put skills to use while giving back to your community.
Example: Sign up to collect food/clothing donations, serve meals at a local soup kitchen, or help older friends with daily tasks at home such as paying bills.

Teach. Impart expertise via formal or informal education and tutoring opportunities.
Example: Check with local schools that may need reading, math, or science tutors.

Speak. Sign up for speaking engagements, paid or unpaid, as well as storytelling events.
Example: Open-mic events, often at theaters and libraries, welcome speakers of all ages.

Engage. Visit a senior center or organize a gathering focused on connecting with others.
Example: Book clubs attract participants of all ages and encourage the exchange of ideas.

Write. Pen an article, op-ed, or even a book to communicate wisdom and lessons learned. Example: Start with something you know the most about, such as a career, hobby, or historical event, and submit a column to your local newspaper.

Create. Pick a medium and use art to express yourself and share your perspective.
Example: Paint, draw, sculpt, play music, dance, make crafts – whatever suits you.

The Importance of Protein

Protein is the building block of your body.

You need protein from the food you eat to build bones, muscles, and skin and keep them strong. Protein helps your body recover and heal from injuries too. It is important to every system of your body.

Protein as You Age

Natural changes with aging may cause a decrease in appetite. You may eat less food than you once did. This can also mean that you are eating lower amounts of protein-rich foods. Aging can also change how your body digests and absorbs food. This can also impact how your body uses the protein that you eat.

Go Lean **with Protein**

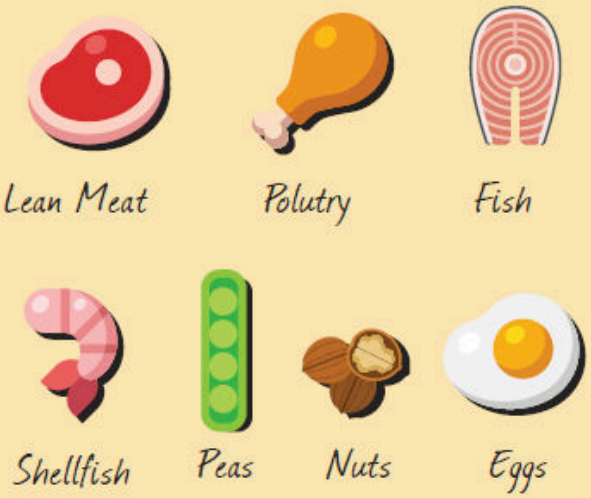
Many people eat plenty of protein, but often choose protein sources that are high in dietary fat.

While some fats are healthy, many animal-based protein sources can be higher in bad fats (saturated fat). It is important to choose lean (low-fat) sources of protein in your diet.

Lean protein food provides your body with a rich source of protein without all the bad fats.

Lean (low-fat) protein foods are foods that have less than 10 percent of fat and less than 4 percent saturated fat per serving.

Limiting the amount of fat you eat helps maintains your weight and can help manage chronic conditions you may have.



What are Protein-Rich Foods?

SEAFOOD	PEAS
MEAT	LENTILS
POULTRY	NUTS
EGGS	SEEDS
BEANS	SOY

It is important to choose a variety of protein in your diet and look for lean (low-fat) options.

Choose Protein that's Right for You

Age 60+

Need 5-6 ounces of protein daily

Palm of your hand or deck of cards equals about 3 ounces of meat of fish protein

The amount of dietary protein a person needs varies. Talk with your health care provider or dietitian to determine what is best for you.

Tips to Add Protein in Your Day

- Eat a variety of protein in your diet.
- Try to eat at least two servings of seafood each week. Seafood contains healthy fats.
- Include a protein source in your snacks. Nuts and seeds are perfect snacks if you are on-the-go.
- Include protein in your salad by adding grilled chicken or chickpeas.
- Choose lean cuts of beef. Try to select cuts with less marbling.

IOWA STATE UNIVERSITY
Extension and Outreach

SPEND SMART. EAT SMART.
spendsmart.extension.iastate.edu

How to Clean Fruits and Vegetables

Fresh fruits and vegetables need to be cleaned prior to eating to remove bacteria and dirt. Even produce that will be peeled (*like a banana or orange*) needs to be washed because the bacteria can be transferred from the peel onto the part that will be eaten. The only vegetables that do not need to be cleaned are those that are labeled pre-washed like lettuce and spinach.

Here are some things to remember when cleaning fruits and vegetables.

- Before preparing fruits and vegetables, use warm soapy water to wash your hands, countertops, cutting boards, and knives.
- Wash fruits and vegetables under cool, running water. There is no need to buy commercial fruit and vegetable cleaners.
- After washing, pat produce dry with a paper towel.
- After cutting produce, cook or eat it immediately or store it in the refrigerator in clean bags or containers.
- After cleaning fruits and vegetables, use hot soapy water to wash hands, countertops, cutting boards, and knives.
- First clean, then cut into bite sized pieces, chunks, or slices so they are ready to go when needed for a meal or snack.
- Store in snack sized containers or plastic bags to grab for snacks.
- Store in large containers or plastic bags to use for meals. These can be eaten raw, steamed, roasted, or added to recipes.

FIRM VEGETABLES	Use a scrub brush on firm vegetables such as potatoes, carrots, or squash.
FIRM FRUITS	Use pressure from your hands to wash apples, bananas, peaches, etc.
LEAFY GREENS	Separate leafy greens and wash under cool, running water several times.
FRAGILE FRUITS	Put fragile fruits, such as berries and cherries, in a colander and rinse.

VEGGIE TASTING PARTY

INGREDIENTS

Any whole, raw vegetables such as:

broccoli
bell peppers
carrots
cauliflower
celery
cucumbers

INSTRUCTIONS

1. Set up an area by the sink with a garbage can, snack bags, large storage bags or containers, cutting board, and knives.
2. Wash vegetables using a produce brush.
3. Cut off the bottom of the vegetable bunches (*celery, broccoli, cauliflower*) or trim the ends of vegetables (*bell peppers, carrots, cucumbers*).
4. Wash vegetables again if soil is visible.
5. Cut vegetables into desired sizes.
6. Sort into snack sized bags for lunches and take-along snacks. A larger container with a variety of small pieces is nice for snacks at home or for easy use with meals.
7. Refrigerate for later use.

TIP

- Prepared, raw vegetables last longer if air is squeezed out of bags before sealing.

CHECK OUT OUR VIDEOS:
spendsmart.extension.iastate.edu/videos *for more information on basic food preparation, safety, storage, and easy recipes!*

SSES 22 | August 2017

Word Search

Word Search Bank

APPROACH
CIRCULATORY
CONTRIBUTION
ENGAGED
EXERCISE
EXPERIENCE
GENERATION
INDEPENDENT
LENTILS
PERCEPTION
PRODUCE
PROTEIN
RECOVER
SEAFOOD
VEGETABLES

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

One-Pot Garlicky Shrimp & Broccoli

Recipe Courtesy: https://www.eatingwell.com/recipe/7919492/one-pot-garlicky-shrimp-broccoli/

Servings: 4 Serving Size: 1 cup

Nutrition Information: 214 calories; 6g Total Carbohydrate; 2g Dietary Fiber; 2g Total Sugars; 0g Added Sugars; 25g Protein; 11g Total Fat; 2g Saturated Fat; 183mg Cholesterol; 441mg Sodium; 525mg Potassium

Ingredients:
3 tablespoons extra-virgin olive oil, divided
6 medium cloves garlic, sliced, divided
4 cups small broccoli florets
½ cup diced red bell pepper
½ teaspoon salt, divided
½ teaspoon ground pepper, divided
1 pound peeled and deveined raw shrimp (21-30 count)
2 teaspoons lemon juice, plus more to taste

Directions:
1. Heat 2 tablespoons oil in a large pot over medium heat. Add half the garlic and cook until beginning to brown, about 1 minute. Add 4 cups broccoli, 1/2 cup bell pepper and 1/4 teaspoon each salt and pepper. Cover and cook, stirring once or twice and adding 1 tablespoon water if the pot is too dry, until the vegetables are tender, 3 to 5 minutes. Transfer to a bowl and keep warm.
2. Increase heat to medium-high and add the remaining 1 tablespoon oil to the pot. Add the remaining garlic and cook until beginning to brown, about 1 minute. Add 1 pound of shrimp and the remaining 1/4 teaspoon each salt and pepper; cook, stirring, until the shrimp are just cooked through, 3 to 5 minutes. Return the broccoli mixture to the pot along with 2 teaspoons lemon juice and stir to combine.

IN CONNECT ALLIANCE

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

Scan the QR Code below to access this month's menu details

SCAN ME