



PEAS AND CARROTS

Indiana FSSA's Division of Aging

April 2026



Contributing to a healthier planet is a *walk in the park!*

Here are simple ways to make every day Earth Day

LOWER YOUR CARBON FOOTPRINT

- Bike or walk
- Carpool or take public transportation
- Choose an energy efficient vehicle
- Make fewer trips by grouping your errands
- Drive smart: go easy on the brakes and gas, use cruise control, and keep your car well-maintained

REDUCE, REUSE, AND RECYCLE

- Reuse or repurpose containers, clothing and cloth grocery bags
- Give clothes a second life by donating or buying used
- Know what items your local recycling program collects, and what items are recyclable

BE H₂O SMART

- Repair leaky faucets and replace old equipment like toilets and dishwashers when possible.
- Turn off the water to brush teeth and shave
- Run full loads of laundry and dishes
- Collect rainwater to use in your garden

FEED PEOPLE, NOT LANDFILLS

- Check your refrigerator, pantry, and freezer before shopping to avoid buying foods you don't need
- Plan your meals for the week before heading to the store
- Properly store fruits and vegetables so they last longer
- Befriend your freezer and leftovers

“Every time you eat is an opportunity to nourish your body.”

-Anonymous

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The Emotional Benefits of Exercise

Research shows the benefits of exercise go beyond just physical well-being. Physical activities—like walking, biking, dancing, yoga, or tai chi—can help:



Enhance your mood and overall emotional well-being



Reduce feelings of depression and stress





Increase your energy level



Improve sleep

So, the next time
you're feeling down,
anxious, or stressed,
start moving!

**Get exercise ideas,
motivational tips,
and more from the
National Institute
on Aging at NIH.**



National Institute
on Aging

nia.nih.gov/health/exercise

WORD SEARCH

ANXIOUS LEFTOVERS
DANCING MOTIVATION
EMOTIONAL RECYCLE
ENERGY YOGA
EXERCISE WELL BEING
FOOTPRINT PLANET
GARDEN VACCINES

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

White Bean & Veggie Salad

Courtesy: <https://www.eatingwell.com/recipe/259819/white-bean-veggie-salad/>

Servings: 1

Yield: 4 cups

Nutrition Info: 360 calories; 30g Total Carbohydrate; 13g Dietary Fiber; 3g Total Sugars; 10g Protein; 25g total Fat; 4g Saturated Fat; 321mg Sodium; 140mg Calcium; 5mg Iron; 1292mg Potassium

Ingredients:

2 cups mixed salad greens

3/4 cup veggies of choice (i.e. chopped cucumbers, cherry tomatoes)

1/3 cup canned white beans, rinsed & drained

1/2 avocado, diced

1 tablespoon red-wine vinegar

2 teaspoons extra-virgin olive oil

1/4 teaspoon kosher salt

Freshly ground pepper to taste

Directions:

1. Combine greens, veggies, beans, & avocado in a medium bowl. Drizzle with vinegar & oil & season with salt and pepper. Toss to combine and transfer to a large plate.

Contact Us

DIVISION OF AGING

<https://www.in.gov/fssa/ddars/bba/>

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