

PEAS AND CARROTS

NUTRITION NEWSLETTER

JULY 2026

Real food. Real community.
Real well-being together.



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Summer Tomato and Cucumber Salad Recipe

Crisp cucumbers and juicy tomatoes tossed in olive oil or a bright, zesty dressing (see next page). This quick, make ahead favorite brings cool, refreshing flavor to any plate and is known for quietly stealing the show.

Perfect alongside grilled entrées, Mediterranean dishes, or your favorite summer classics.

SUMMER TOMATO & CUCUMBER SALAD



Ingredients:

1 large cucumber, chopped
2-3 ripe summer tomatoes,
chopped
2 tablespoons olive oil
Salt and pepper to taste
(optional but common)

Optional add-on

A splash of vinegar or
lemon juice

NUTRITION ANALYSIS:

Calories: 126 Fiber: 2 g
Sodium: 6 mg Fat: 10 g
Carbohydrates: 4 g
Added Sugars: 0 g



Zesty Dressing Ingredients

- 2 tablespoons olive oil
 - 1 tablespoon red wine vinegar (or lemon juice for extra brightness)
 - 1 teaspoon Dijon mustard (optional but adds great tang)
 - 1 small garlic clove, finely minced
 - 1 teaspoon sugar or honey (just enough to balance the acidity)
 - 1 tablespoon fresh chopped herbs (parsley, dill, or basil all work well)
- Salt and black pepper to taste.

Instructions:

1. Combine olive oil and vinegar or lemon juice in a small bowl or jar.
2. Add mustard, garlic, and sugar or honey. Mix well or shake until blended.
3. Stir in fresh herbs.
4. Season with salt and pepper.

Refrigerate and shake before using.

Perfect Pairings

Grilled Vegetables
Light Pasta
Grain Bowls
Burgers or Veggie Burgers
Sandwiches & Wraps
Grilled Chicken
Grilled or Baked Fish
Kabobs
Falafel & Hummus
BBQ Favorites

Fun Questions and Answers

1. Why does it taste better the next day?

Because the veggies get time to “hang out” and mix their flavors.

2. What healthy things do tomatoes and cucumbers give us?

Tomatoes give vitamins. Cucumbers help keep us hydrated.

3. How do different shapes change the salad?

Slices feel light, chunks feel crunchy—each shape makes it fun to eat.

4. What could you add to make it more colorful?

Bell peppers, carrots, or purple cabbage for a rainbow look.

5. How would the zesty dressing change the taste?

It adds a tangy little “zing!”

6. Why is it great for a hot day?

It’s cool, refreshing, and full of water—perfect chill-out food

SHOW-STEALING SIDES

Tomato Cucumber Salad

The side that steals the show!
Pairs perfectly with grilled chicken, fish, kebabs, and more.





Word Search

America

Apollo

Baseball

Cheesecake

Fireworks

Flag

Independence

July

Ingredients

Strawberry

Recreation

Barbecue

Neil Armstrong

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

Check out fun activities at your local Area on Aging Center

<https://www.iaaaa.org/>

Community Corner

Summer is a wonderful time for older adults to enjoy fresh air, sunshine, and gentle movement. Staying active doesn't need to be strenuous—just a few small steps can boost strength, balance, mood, and overall well-being.

Try These Senior-Friendly Summer Activities:

- **Morning or Evening Walks:** Cooler temperatures make these times ideal. Even 10–15 minutes can make a difference.
- **Chair or Porch Exercises:** Simple stretches or light arm movements can keep joints limber without leaving home.
- **Water Activities:** Swimming or gentle water aerobics are easy on the joints and can help reduce stiffness.
- **Gardening:** Light gardening offers low-impact movement while providing fresh air and a sense of accomplishment.
- **Community Classes:** Many parks and senior centers offer outdoor yoga, tai chi, or walking groups.

Stay Safe in the Heat:

- Drink water throughout the day—don't wait until you feel thirsty.
- Wear lightweight, breathable clothing and a hat when outdoors.
- Take breaks in the shade to avoid overheating.
- Check the weather before heading outside, especially on humid days.

Remember: Even small amounts of movement can make a big difference. Choose activities you enjoy, listen to your body, and celebrate what keeps you feeling your best.

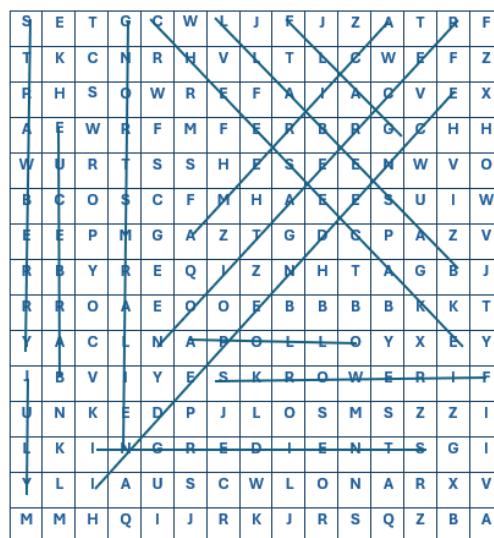
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