

# September 2010

## How to Join

You must have 60 years of lifetime experience or be the spouse of someone attending. Completing a participant information packet makes you an official member.

## Criteria for Home Delivered Meals

Medically homebound & unable to leave your home without the assistance of another person. An Assessment has to be done by an outreach worker in your home to determine eligibility.

**Please call the Tulsa Office @ 918-835-4160**

**This program is funded by:** Older Americans Act Grant from the INCOG Area Agency on Aging and from Donations. Please mail donations to 3602 E. Pine, Tulsa, OK 74115

## Breakfast Provides the Power to THINK!

The average meal takes four or five hours to digest. If your last meal was yesterday at 6:00 pm and now it's 6:00 am, your body needs food. Eating breakfast gives your mind the *power to think!* Without morning fuel to re-charge the body and mind, most people will lack clarity in thinking, process information more slowly, have slower reaction times, and simply won't be ready to perform at their best. Start a healthy habit! Start every day refueled and recharged! Breakfast should be more than a sip of juice and bite of toast. Plan what you are going to eat and think about all the food groups, including whole fruits, low-fat milk, yogurts and cheese, healthy protein sources such as lean ham and eggs (not fried), and wholesome grains such as whole-wheat toast, bagels and waffles. Always try to combine a carbohydrate (fruit or grain) with a protein (dairy or meat) to build a breakfast that will keep your appetite satisfied throughout the morning. **Make breakfast happen and stick with it!**

## What is a Balanced Plate?

Planning meals is something many people take for granted. Although it seems simple, meal planning is an essential part of eating healthy every day. It also helps teach children some basic skills about making the right food choices. Building a healthy plate means filling half of your plate with fruits and vegetables, one-quarter of your plate with lean protein choices and the remaining one-quarter of your plate with good-for-you grains. Planning your meals the balanced way helps ensure you:

1. Get the right mix of nutrients with more nutrient-dense foods such as fruits, vegetables and whole grains.
2. Eat enough fiber every day.
3. Reduce your intake of added fats and sugars in your diet.
4. Fill up and feel satisfied after a meal without over-doing it with too many unnecessary calories.

The next time you and your family plan a meal or go out to eat, ask yourself, "Is my plate balanced?"

## Reminders:

### September 6 – Labor Day

Senior Nutrition Program Sites, Office and Kitchen closed for the holiday

### September 12 – Grandparent's Day

## Try this recipe for baked pears!

Yield: 2 servings

2 medium ripe pears, peeled and halved  
1 teaspoon butter or margarine  
1 teaspoon lemon juice  
2 teaspoons sugar  
1/4 teaspoon ground cinnamon  
4 teaspoons orange marmalade  
Place pear halves, cut side up, in a shallow 1-qt. baking dish. Place butter in the center of each; drizzle with lemon juice. Combine sugar and cinnamon; sprinkle over pears. Top with marmalade. Cover and bake at 350 degrees F for 15-20 minutes or until heated through.