

NUTRIGRAM

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Niagara County Office for the Aging 438-4020

111 Main Street Lockport NY 14094



Happy Holidays!

Eat Well...Stay Well Dining's Christmas Special will take place on Tuesday, December 20th at most of the lunch time dining sites and for home delivered meals. The following delicious meal will be served:

Chicken Cordon Bleu
Small Red potatoes/Parsley
Baby Carrots L'Orange
Whole Wheat Dinner Roll
Cherry Cheesecake
Skim, 2% or Chocolate Milk
Coffee or Tea



The suggested contribution is \$3.00. Call the Office for the Aging transportation department at 438-4038 if you need transportation to a nutrition site. Seniors who participate in the nutrition program have the opportunity to go grocery shopping once a week at various locations.

The Office for the Aging offers Club 99 resistance band exercise programs at 13 lunch site locations. These programs are free and led by trained volunteers. We also use small balls, which add to the fun. For a list of sites who offer Club 99 and the times/days of the programs call Glenda Reardon, RD, CDN at 438-4030.

Looking at Important Nutrients for a Healthier New Year
(Source: American Dietetic Association)

Vitamin B12

Many people over 50 years old do not get enough vitamin B12. Fortified cereal, lean meat and some fish and seafood are sources of vitamin B12. Ask your doctor or dietitian if you need a vitamin B12 supplement.

Fiber

Eat more fiber-rich foods to help stay regular. Fiber also can help lower your risk for heart disease, control your weight and prevent type 2 diabetes. Choose whole grain breads and cereals and include more beans and peas. Fruits and vegetables also provide fiber.

Potassium

Increasing your intake of potassium along with reducing sodium (salt) may lower your risk of high blood pressure. Fruits, vegetables and low-fat or fat-free milk and yogurt are good sources of potassium. Also, choose and prepare foods with little or no added salt.

Broccoli-Cheese Soup

Serves 6

2-3 Tablespoons of Soft Tub Margarine, oil or Butter, melted
3 Tablespoons Flour
2 cups broccoli cooked and chopped or use frozen broccoli (cooked and chopped finely)
3 cups Fat-free Milk 1/4 tsp. White pepper
1/2 teaspoon garlic powder
1 Tablespoon dried minced onion
1 cup sharp cheddar cheese

Heat margarine, butter or oil in a large saucepan. When melted, add flour and stir together while heating and stirring. Gradually add the 3 cups of Fat-free Milk. Bring to a boil until thickened and turn heat to low after boiling for about 30 seconds. Stir in chopped and cooked broccoli. Heat on medium-low until mixture comes back to a slight boil. Add minced onion, white pepper and garlic powder. Turn down heat and add the cheddar cheese. Stir and serve when cheese is melted.

Note: There will be no meals sent on Monday, January 2nd and January 16th for Martin Luther King Day.