

April

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HAPPY
BIRTHDAY
TO ALL OUR VALUED
PARTICIPANTS



Contact us:

Coordinator:

Rosa

Meals on Wheels

Staff:

Meals on Wheels

(208) 232-1114 Opt. 3

www.seicaa.org

Your feedback is important to us!
Contact us to give feedback and help
us continuously improve.



Individual Nutrition Consult



Are you in need for an individual Nutrition Consult? If so, our nutritionist can do a free one on one consult with you. The nutritionist can consult on the following: **unintended weight loss, newly diabetic, poor appetite, new cancer diagnosis, renal patients, muscle loss, access to food, etc..** If you would like a consult please let your driver know, or please call our office.

Delivery date changes due to office closures/holiday's:

Meal for 4/6 (closed), will be delivered on 4/1



*Please call the day before to cancel
a meal.*



United Way
of Southeastern Idaho

April Fun Facts



- **Birthstone/Flower:** The diamond symbolizes fearlessness, while the daisy represents innocence and purity.
- **Origins:** The Romans called it *Aprilis*, and it was believed to be named after the opening of trees and flowers.
- **Astrology:** People born in April are either fiery Aries (until April 19) or earthy Taurus (from April 20 onwards).
- **Nature:** It is prime time for meteor showers, including the Lyrics.
- **Cultural Moments:** April is known as National Humor Month.
- **Music/Tech:** On April 4, 1964, The Beatles held the top five spots on the Billboard singles chart, and the Ford mustang was unveiled on April 17, 1964.



Donation Reminder

We hope that you are all enjoying your meals and that receiving them is helping you stay in your home. We depend somewhat upon your donations to continue the program. If you cannot afford them please do not feel that you have to contribute, we appreciate any and all donations we receive.



SouthEastern Idaho
Community Action Agency
Helping People. Changing Lives.

**Comments? Questions? Concerns?
Call the office: 208-232-1114 Opt.3**

April 2026 Nutrition Article

April is NATIONAL GARDEN MONTH, so let's get ready! We are beginning to enjoy warmer, sunnier weather in southeast Idaho, finally! Many of us are beginning to clean up our yards/gardens, buying potting soil, or planting seedlings indoors. It's important that we take a few steps in prep successful garden season:



- Prepare a list of produce that grows easily in our area
 - Apples, Peaches, Raspberries, Blueberries, etc.
 - Zucchini, Carrots, Tomatoes, Jalapenos, Cabbage, etc.
- Know when to plant your seeds or plants
 - Generally, we see the last "frost" happening in our area around May. I encourage you to start your indoor seedlings NOW, and to transplant/plant outside right around Memorial Day
- Be aware that some produce are considered invasive and can easily spread. Be sure to keep them contained (In garden beds or pot planters)
 - Tomatillo
 - Garlic Mustard

Seasonal foods in April?

- Artichoke
- Limes
- Mangos
- Strawberries



Zesty Lentil Soup

- 2 cups lentils, any color
- 1/3 cup onion, diced
- 1/3 cup tomato, diced
- 1 jalapeno, seeded and diced (optional)



- 2 large teeth of garlic, minced
- 1 tsp salt (more or less as desired)

INSTRUCTIONS ON BACK PAGE

In a large pot, bring 6 cups of water to a light boil and add salt. Rinse lentils and add to boiling water. Set the timer to 30 minutes. While lentils are cooking, work on dicing all the produce listed. Once 20 minutes have passed, and there are 10 minutes left on the timer, add all the produce items to the pot. Once the timer goes off , turn off the soup and let it rest for 15 minutes. Enjoy!

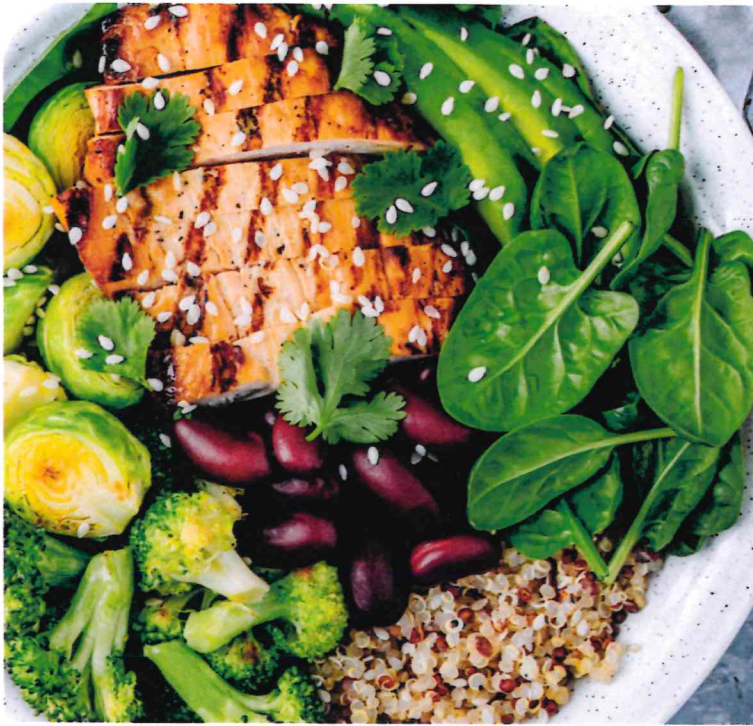
Optional toppings: cilantro, cracked black pepper, cheese, etc.

Optional pairings: Quesadilla, tortilla chips, crackers, etc.

FREE NUTRITION COUNSELING

- Free MNT (Medical Nutrition Therapy) services available in person, or via telephone with our registered dietitian Vanessa ***Ask your center staff for details today!***
 - Please reach out to our site for help with the following:
 - New medical diagnosis i.e. cancer, diabetes, difficulty swallowing, weight loss, altered taste, fatigue, etc.
 - Food resources - Food banks, pantries, programs, etc.
 - Menu planning, budgeting, and recipe ideas





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

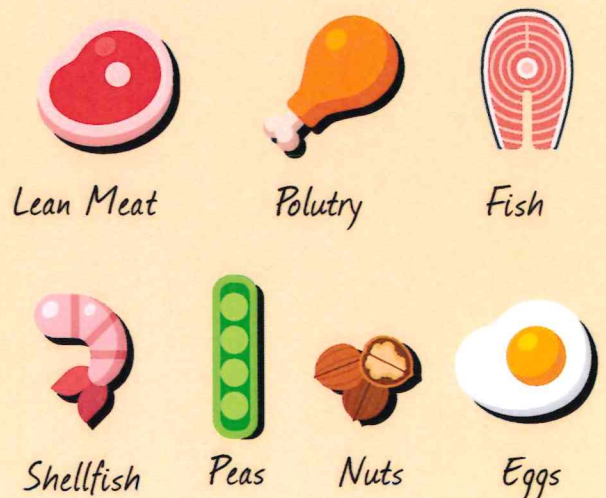
Many people eat plenty of protein, but often choose protein sources that are high in dietary fat.

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.



Lean Meat

Poultry

Fish

Shellfish

Peas

Nuts

Eggs



What are Protein-Rich Foods?

SEAFOOD
MEAT
POULTRY
EGGS
BEANS

PEAS
LENTILS
NUTS
SEEDS
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

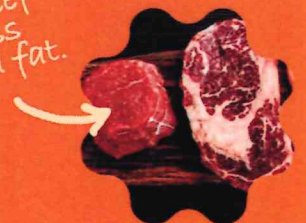
Palm of your hand or deck of cards equals about 3 ounces of meat or fish protein

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.

Lean beef has less marbled fat.





APRIL IS MEDICATION MANAGEMENT MONTH

Medication Safety Tips for Seniors

Medication Safety Tips

Make it easy to see the medication:

- Wear glasses
- Use a magnifier
- Use strong lighting
- Ask for large print labels

Create a routine for taking medicine at the same time as another daily event, such as meal time or bath time.

Create a way to remember when doses of medicine have been taken. Ideas include:

- Pill reminders with spots for four doses per day
- Pill timers which beep a sound at medication time
- Write dose times on a calendar and make a check mark after each dose is taken

Questions to Ask Your Doctor About New Medications

- What is the name of the medication?
- What am I taking it for?
- Are there any side effects?
- How long do I take this medicine?

Questions to Ask Your Pharmacist about New Medications

- Is the medicine taken with food or on an empty stomach?
- Should certain food, drink or other drugs be avoided?
- Is an easy-opening cap available?
- Is a large print label available?

Facts about Herbal Products and Herbal Supplements

Fact: Herbal Products are NOT tested by the U.S. Food and Drug Administration for safety and effectiveness. This means that it is not known if an herbal will help or harm someone your age, with your disease or taking your drugs.

Fact: Taking certain herbals when taking prescription drugs can cause interactions. This means that one drug can counteract the other, making it ineffective.

**Call the Poison Center at
1-800-222-1222**

The Poison Center hotline is open 24 hours-a-day, 7 days-a-week. **All calls are FREE.** Most poisoning cases can be handled at home. Registered Nurses answer the hotline calls.

The Poison Center Can Help

- If a grandchild takes a seniors' medication
- If illness occurs from medication side effects or interactions
- If the wrong pill is swallowed
- If too many pills are taken
- If chemicals are swallowed, inhaled or splashed in the eye

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