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NUTRITION & SERVICES FOR SENIORS

February 2018

FEBRUARY INSPIRATION

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"If we love one another, God lives in us, and his love is perfected in us." - 1 John 4:12

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"Love will find a way through paths where wolves fear to prey" - Lord Byron

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Dear St. Valentine, help us learn to love unselfishly and to find great joy in giving. Enable all true lovers to bring out the best in each other.

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"Let all that you do be done with LOVE." -1 Corinthians 16:14

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"Gratitude is one of the most important human virtues and one of the most common human deficiencies. Gratitude does not develop without effort." -Dieter Uchtdorf

FEBRUARY is... American Heart Month

Many of the people who are at high risk for heart attack or stroke don't know it. Many of the major risks for these conditions can be prevented and controlled through healthy lifestyle changes.

Talk to your health care team about the

A B C S



Aspirin
when
appropriate



**Blood
pressure
control**



**Cholesterol
management**



**Smoking
cessation**

PRACTICE HEALTHY LIVING HABITS



**Eat a
healthy diet**



**Maintain a
healthy weight**



**Be active
on most days**



**Don't smoke
or use tobacco**



**Limit
alcohol use**

Heart disease is the number one killer of women in the U.S., affecting 1 in every 4 women. Make positive changes to your lifestyle this week with this heart-healthy grocery list.

- Almonds | fiber, omega-3 fatty acids
- Avocados | fiber, healthy fats, potassium
- Bananas | potassium
- Blueberries | fiber, flavonoids, potassium
- Broccoli | fiber, potassium, vitamin E
- Dark Chocolate | flavonoids
- Flax | fiber, omega-3 fatty acids
- Oatmeal | fiber, omega-3 fatty acids, potassium
- Salmon | omega-3 fatty acids
- Spinach | B vitamins, fiber
- Sweet Potato | beta carotene, fiber
- Tea | flavonoid
- Tofu | potassium
- Tuna | B vitamins, omega-3 fatty acids; *see other side for an easy Mediterranean Tuna Salad recipe to try!*

Source: skinnyms.com/heart-healthy-grocery-list/

A Valentine Prayer

I said a Valentine prayer for you and asked the Lord above to fill your heart and bless your soul with the precious gift of love. I asked Him for sincere love, the kind that's meant to stay, just like the generous love you give to those you touch each day. I prayed for love from family and from every cherished friend, then I asked the Lord to give His love that knows no end.



Mediterranean Tuna Salad

Ingredients

- 1 (6 oz.) can or jar of tuna (packed in spring water)
- 1/2 cup artichoke hearts, diced
- 1/2 cup pitted Kalamata olives, chopped
- 1 roasted red pepper, chopped
- 1/4 cup fresh chopped parsley
- 2 TBSP slivered basil leaves
- 3 TBSP olive oil
- Juice of 1 lemon
- Salt & fresh ground pepper, to taste



Directions

1. Combine all of the ingredients in a bowl and season with salt & pepper. Chill until ready to serve.
2. Serve in lettuce leaves, on a baguette, or on whole grain crackers.

Source: skinnymys.com/mediterranean-tuna-salad/

Mardi Gras Fun Facts

- ◆ Mardi Gras is always the Tuesday before Ash Wednesday
- ◆ Mardi Gras marks the end of carnival season
- ◆ Mardi Gras is also known as "Pancake Day"
- ◆ The official colors of Mardi Gras are purple, gold and green
- ◆ King's Cake is eaten all through carnival season
- ◆ The first New Orleans Mardi Gras parade was 181 years ago
- ◆ Parades are planned by "Krewes"
- ◆ Masks are required by law for float riders
- ◆ Beads have been a tradition since the early 1900's
- ◆ Mardi Gras is a state holiday in places like Alabama, Florida and Louisiana. Although it's not a state holiday in Texas, Galveston is home to one of the biggest celebrations in the country

Funny Valentine

What did the octopus say to his girlfriend on Valentine's Day?



I want to hold your hand, hand, hand, hand, hand, hand, hand.

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Broccoli Cheese Salad

Celebrate **Mardi Gras** with this healthy and festive salad!

Ingredients:

- 2 large broccoli tops, chopped
- 1/2 red onion, chopped
- 8 oz. cheddar cheese, cubed
- 8-12 slices bacon, cooked & crumbled
- 4 oz. sliced mushrooms
- 3/4 - 1 cup creamy cucumber dressing
- Salt/Pepper to taste

Instructions:

1. In a large bowl, toss all the dry ingredients together.
2. Add the dressing, starting with a half a cup first and add more as desired.
3. Add salt and pepper to taste
4. Serve or chill and serve later.

Source: <https://thecompletesavorist.com/broccoli-cheese-salad>