

◆ APPLE CORE ◆

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NUTRITION & SERVICES FOR SENIORS

March 2018

MARCH INSPIRATION

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“May your pockets be heavy and your heart be light. May good luck pursue you each morning and night.”

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“May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go.”

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“For each petal of the shamrock this brings a wish your way - Good health, good luck, and happiness, for today and every day.”

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“The Lord opened the understanding of my unbelieving heart, so that I should recall my sins.” - St. Patrick

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“May your troubles be less and your blessings be more and may nothing but happiness come through your door:”

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MARCH is... St. Patrick's Day

St. Patty's Day Fun Facts

1. St. Patrick's Day is celebrated every year on the 17th of March because it is the day they believe St. Patrick, the patron saint of Ireland, died in 461 AD.
2. Ironically, the very first St. Patty's Day parade actually didn't happen in Ireland but in New York City back in 1762, when Irish soldiers serving the English military joined together and marched down the street to Irish music.
3. One of the biggest U.S. celebrations of St. Patrick's Day takes place in Chicago where they dye the Chicago River green, a tradition taking place since 1962.
4. In Ireland, they have been celebrating this holiday, also known as the “Feast of St. Patrick” since about the 10th century. It's call this because it takes place during the Catholic season of lent, but on this day the people were excused from their dietary restriction in order to feast. Corned beef and cabbage is the traditional thing to eat on St. Patrick's Day.
5. Leprechauns are often associated with St. Patrick's Day. However, originally the celebration of St. Patrick's Day didn't have anything to do with these mythical creatures. It wasn't until Walt Disney released a film called *Darby O'Gill & the Little People*, that introduced America to a very different sort of leprechaun than the cantankerous little man of Irish folklore.

March is **National Nutrition Month**, which is a nice time of the year to reevaluate our health goals. To inspire you to live a more vibrant life each day, here are some nutritionist approved tips you can start to work into your own routines.

1. **Eat More Plants.** Plants contain fiber, vitamins, minerals, and antioxidants that don't just keep you full and healthy, but also satisfy your cells' needs for quality nutrients they can put to use to fuel your metabolism better.
2. **Be Label Smart.** If an item has a label on it with more than 5 ingredients, you probably shouldn't be eating it. The healthiest choice foods contain one ingredient or no label at all.
3. **Get Enough Sleep.** Research has shown that even just 30 minutes less of sleep on or two nights a week can lead to weight gain, changes in insulin levels, and prevent mental focus the next day. Over time it can lead to heart disease, type 2 diabetes and obesity.
4. **Eat a Fiber-Rich Breakfast.** This can keep your insulin levels healthy to prevent sugar binges or extreme fatigue. Fiber-filled breakfasts can even improve your weight since they change the way your metabolism functions over the course of the day.
5. **Don't Fall for Gimmicks.** Gimmicks like strict juice cleanses, completely avoiding food groups (like fat and carbs), or going on a liquid diet are not healthy. Balanced eating promotes a healthy body.



IRISH PRAYER

May love and laughter light your days and warm your heart and home, may good and faithful friends be yours wherever you may roam, may peace and plenty bless your world with joy that long endures, may all life's passing seasons bring the best to you and yours.



Irish Potato Bites

Ingredients

- 20 red potatoes, small (golf ball size)
- 1/2 cup Corned Beef
- 1/4 cup Cheddar Cheese, shredded
- 1 tbsp Butter, melted
- Sour Cream (optional)
- Green Onions, chopped (optional)

Instructions

1. Fill a large pot with water and bring to a boil.
2. Add potatoes and boil until they are fork tender.
3. Preheat oven to 400° F
4. Once potatoes are cooked and have cooled, cut each one in half and cut a small slice off of the rounded end so the potato can sit up.
5. Scoot out the inside of each potato half sav-

- ing the potato insides in a bowl.
6. Add cheese, corned beef, butter to the bowl with the saved potato insides.
7. Salt mixture to taste. Also sprinkle some salt over the potato halves.
8. Scoop mixture into potato halves and then place them on a baking sheet.
9. Place baking sheet in oven for 10 minutes.
10. Remove from oven and serve with a dollop of sour cream and green onions.



Do You Sudoku?

		6			7	3		
	1	8			9		5	
5							6	4
9	2			8				
			7	6	3			
				9			7	5
6	3							8
	9		3			5	2	
		2	4			6		

Laughy Patty

When is a potato not an Irish potato?



When he's a French Fry

Easy Avocado Toast

You'll Need:

- 4 pieces of multigrain bread, sliced thick
- 1 perfectly ripe avocado
- 1 pinch of sea salt
- 1 pinch of freshly grated black pepper
- 1 slice of lime

Instructions:

Scoop the avocado out of the skin into a bowl. Sprinkle on salt and pepper, then spritz with one slice of a juice lime. Mash with a fork (mash well to create a smooth spread, or mash just a few times to create a chunky spread). Toast your bread to perfection, then spread the avocado on top of each slice.

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