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NUTRITION & SERVICES FOR SENIORS

March 2020



Why do people wear shamrocks on St. Patrick's Day?

Because real rocks are too heavy!

What kind of spells do leprechaun witches cast?

Lucky charms!

Why is St. Patrick's Day frogs' favorite holiday?

They're already wearing green.

Why are the Irish so concerned about global warming?

They're really into green living.

What happens if you cross poison ivy with a four-leaf clover?

You get a rash of good luck!

Why can't you borrow money from a leprechaun?

Because they're always a little short.

Where can you always find gold on St. Patty's Day?

In the dictionary!

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March is National Nutrition Month

How to Handle Food Cravings

What happens when your cravings become overwhelming and lead to overindulgence and feelings of guilt? When people follow restrictive diets or completely cut out groups of foods, cravings can become more intense and can lead to a vicious cycle of indulging, overeating and guilt. A balanced eating plan that allows foods you enjoy — even high-fat, high-calorie foods — will be easier to maintain since you aren't eliminating those foods outright from your life.

If you sometimes crave chocolate, keep some dark chocolate on hand. Eat it mindfully, enjoy the experience and put it away when you're satisfied. When you always have chocolate on hand, you're less likely to overeat it.

Here are other tips for handling food cravings.

- **Schedule your snacks.** Plan for nutritious snacks to keep your body biologically fed. Keep portable, nutrient-dense snacks in your desk, backpack or car.
- **Take a walk, work on a hobby or call a friend.** When an intense craving hits, take a moment to consider what else you might be needing at that moment. Are you actually hungry or are you bored or lonely?
- **Keep a craving journal.** Note the time of day your craving appeared, how long it lasted, the food you craved and how you handled the situation.



St. Patty's Day Word Search

WORDS

- IRELAND
- GREEN
- MARCH
- RAINBOW
- LUCKY
- GOLD
- CLOVER
- SAINT
- PATRICK
- IRISH
- PARADE
- SHAMROCK

I	R	D	N	A	L	E	R	I	Y	K	Y	O	U	T	N	M	O	P
G	R	G	E	E	M	V	B	A	D	S	K	I	N	N	Y	W	H	O
R	Q	B	R	Z	X	H	G	J	K	K	C	O	R	M	A	H	S	L
E	D	S	M	V	C	N	M	O	I	E	U	R	M	D	F	E	I	P
V	S	D	B	H	E	N	R	G	G	V	L	D	F	J	Y	Z	R	B
O	E	A	V	A	E	N	H	D	O	K	L	N	I	O	P	M	I	S
L	E	A	P	D	P	E	A	L	E	L	D	E	E	P	P	C	L	A
C	R	P	A	T	R	I	C	K	B	I	D	D	E	R	K	U	C	I
L	U	R	C	K	Y	R	H	A	L	L	O	W	E	N	B	A	R	N
J	A	N	U	A	R	F	E	W	O	B	N	I	A	R	B	R	U	T
P	A	R	Y	A	M	A	R	C	H	P	R	I	L	J	U	N	L	Y

St. Patty's Word Scramble

Unscramble the St. Patty's Day words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

EMEALRD

--	--	--	--	--	--	--	--

PTO

--	--	--

EADPAR

--	--	--	--	--	--

SWIH

--	--	--	--

FIYAR

--	--	--	--	--

ELOVRC

--	--	--	--	--	--

OPATTO

--	--	--	--	--	--	--

BAACBGE

--	--	--	--	--	--	--	--

AISNT

--	--	--	--	--



What type of bow can't be tied?

--	--	--	--	--	--	--	--

Answer: Rainbow

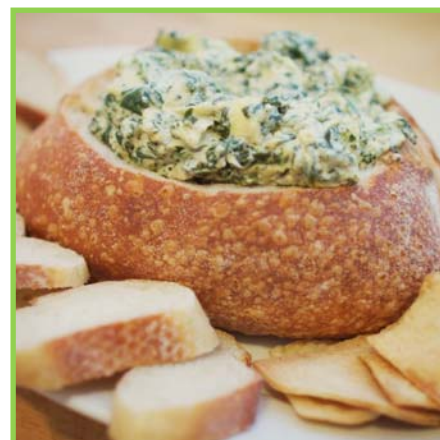
BEST SPINACH DIP EVER!

INGREDIENTS

- 1 Cup Mayonnaise
- 1 (16 oz.) container Sour Cream
- 1 (1.8 oz.) package dry leek soup mix
- 1/4 can water chestnuts, drained and chopped
- 1/2 (10 oz.) package frozen chopped spinach, thawed and drained
- 1 (1 pound) loaf round sourdough bread

DIRECTIONS

1. In a medium bowl, mix together mayonnaise, sour cream, dry leek soup mix, water chestnuts and chopped spinach. Chill in the refrigerator 6 hours, or overnight.
2. Remove top and interior of sourdough bread. Fill with mayonnaise mixture. Tear removed bread chunks into pieces for dipping.



7 Ways to Enhance the Flavor of Your Meals



Cooking at home can be healthy, rewarding and cost-effective. And, according to research, taste tops nutrition as the main reason why Americans buy one food over another. The foods you enjoy are likely the ones you eat the most, so make taste a kitchen priority when preparing nutritious, satisfying meals. To maximize food's flavor and nutrition, start with high-quality ingredients. They don't need to be the most expensive foods. It's also important to handle and store foods properly, because poor storage destroys flavor and quality. Overcooking can destroy flavor and nutrients. So cook to retain nutrients, flavor, color, texture and overall appeal. Cooking can't improve poor-quality foods, but it can enhance the flavors of high-quality foods. Try these seven simple techniques to enhance flavor and experiment with flavor combinations.

Intensify the flavors of meat, poultry and fish with high-heat cooking techniques such as pan-searing, grilling or broiling, which help to brown meat and add flavor. Just don't overcook, burn or char meat.

- Grill or roast veggies in a very hot (450°F) oven or grill for a sweet, smoky flavor. Before popping them into the oven, brush or spray lightly with high-heat oil and sprinkle with herbs.
- Caramelize sliced onions to bring out their natural sugar flavor by cooking them slowly over low heat in a bit of oil. Use them to make a rich, dark sauce for meat or poultry.
- Pep it up with peppers! Use red, green and yellow peppers of all varieties — sweet, hot and dried. Or, add a dash of hot pepper sauce.
- Add a tangy taste with citrus juice or grated citrus peel: lemon, lime or orange. Acidic ingredients help lift and balance flavor.
- Use small amounts of ingredients with bold flavors such as pomegranate seeds, chipotle pepper or cilantro.
- Give a flavor burst with good-quality condiments such as horseradish, flavored mustard, chutney, wasabi, bean purees, tapenade and salsas of all kinds.