

Older Adults Work Group Six Years of Successful Collaboration

2019 - 2024

Fundamentos de los Tomates

Compras y Ahorros

- Las tomates están de temporada entre julio y septiembre, así que tienen gran sabor y cuentan menos.
- Busque tomates de un color brillante, que no tengan líneas amarillas o amarillentas debajo de la piel. Deben sentirse firmes (no aguados), pero ligeramente mates cuando los presione.
- Los tomates enlatados, especialmente con una pequeña cantidad de vinagre de manzana, son ideales para ensaladas, salsas, sopas, y platos de pasta.

Almacenar Bien Desperdiciar Menos

- Guarde los tomates enteros en un recipiente hermético en un lugar fresco y seco, como un alacena o un estante de la nevera. No los refrigerar.
- Guarde los tomates en un recipiente hermético en un lugar fresco y seco, como un alacena o un estante de la nevera. No los refrigerar.
- Refrigere los tomates cortados y cocidos en un recipiente sellado. Use dentro de los siguientes 4 días.
- Mixtúre los tomates que aún no han madurado en una bolsa de plástico con agujeros. Guarde a temperatura ambiente. Revíselos diariamente.

Variedades de Tomates

Los tomates redondos son los más comunes; el tamaño puede variar desde un pequeño de cuatro onzas hasta un gigante de diez onzas.

Los tomates corvina, una y pereza son pequeños (del tamaño de un huevo) con una variedad de formas y colores.

Los tomates roma (Ditaliano o ciurlo) son de forma ovalada, muy firmes y con un sabor más dulce y consistente (ideales para ensaladas y para hacer salsa y pasta de tomate).

Los tomates tipo Hechizo (Hechizo) tienen muchas variedades del mundo y tienen diferentes sabores, formas, colores y texturas. La más probable es que estén disponibles en su mercado local.

Una vez madurados, los tomates se pueden congelar en cubitos para usarlos en sopas, salsas y platos de pasta.

Compartir en:

Tuna Basics

Shop and Save

- Try store brands of canned tuna. They may be cheaper.
- Avoid cans that have dents, bulges, or signs of leaking.
- Weight of tuna cans may vary. Use the shelf sticker to compare cost per ounce rather than cost per can for the best value.
- Vacuum-sealed pouches cost a little more but have little liquid to drain. They also come in single-serving sizes.
- Choose tuna canned in water for fewer calories and more omega-3 fats.
- Look for less sodium. Use the nutrition labels to compare sodium amounts between brands. Rinsing tuna with water will reduce sodium.

Canned Tuna

Here's what the label can tell you:

Light tuna – tan to tan-pink fish. Has a softer texture and stronger flavor than albacore tuna.

White or albacore tuna – white to light pink fish. Has a firm texture and mild flavor.

Chunk – smaller pieces of fish. Might look shredded. Usually costs the least.

Water pack – water or broth added to the can for processing. Fewer calories even when drained. Pouches contain less added liquid than cans.

Oil pack – vegetable oil or canola oil added to the can for processing. More calories even when drained. Some omega-3 fats may be lost when drained. Pouches contain less added liquid than cans.

3 ounce can = about 1/2 cup tuna drained
2.6 ounce pouch = about 1/3 cup tuna

Store Well Waste Less

- Store unopened cans of tuna in a cool, dry place. Discard cans that show leakage, bulging, or rust.
- Check the "Best By" date on the cans or pouches and use before the date for best quality.
- Refrigerate leftover tuna in a tightly covered glass or plastic container. Use within 2 days for best quality.

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Chicken Chowder for Two

Makes 2 servings
Prep time: 10 minutes
Cook time: 20 minutes

Ingredients

- 2 teaspoons vegetable oil
- 1/2 cup diced onion
- 1/2 cup diced or grated carrot
- 2 cups low-sodium chicken broth
- 1 cup diced potato (fresh or frozen)
- 1/2 teaspoon thyme
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 cup (4 ounces) cooked and diced chicken
- 1/2 cup low-fat or nonfat milk
- 1 tablespoon all-purpose flour
- 1/2 teaspoon vinegar
- dash of pepper (optional)

Directions

- In a medium saucepan, sauté onion and carrot on medium heat until softened, 3 to 5 minutes.
- Add broth, potato, thyme, garlic powder, and salt. Bring to a low boil, stirring occasionally, until the potatoes are soft, about 20 minutes.
- While potatoes are cooking, stir flour into milk.
- Mash some soft potatoes with the back of a fork. Add chicken and stir until heated through.
- Slowly add milk mixture and stir as the soup thickens. Boil lightly for 2 to 3 minutes.
- Before serving, add vinegar and pepper if desired.
- Refrigerate leftovers within 2 hours.

Nutrition Facts

2 servings per container
Serving size 1 1/2 cup (140g)
% Daily Value*

Calories	260
Total Fat	10%
Saturated Fat	5%
Sodium	15%
Total Carbohydrate	18%
Dietary Fiber	11%
Total Sugar	1%
Protein	15%

*Percent Daily Values are based on a diet of other people's secrets.

Protein provides the building blocks to stay strong and live long.

Enjoy this chowder with a slice of whole grain bread for more protein and fiber.

This small batch recipe is good with canned chicken, salmon or tuna.

Make a salad or stir-fry with the chicken left after opening a large can.

Save time and avoid waste: freeze extra chopped onion for use in other recipes.

By Ah: Substitute the diced carrot with any combination of carrot, celery, pepper or leaf. Substitute other vegetables such as corn or broccoli for half of the potatoes.

Héroes de Alimentos para Adultos Mayores

Protéjase usted y a los demás de la intoxicación alimentaria siguiendo estos 4 pasos de seguridad alimentaria

- Limpieza:** Lave sus manos, los utensilios y las superficies en la cocina con frecuencia mientras prepara comida.
- Preparación:** Mantenga la carne de res, carne de ave y pescado crudos alejados de otros alimentos.
- Cocción:** Cocine los alimentos a una temperatura segura para matar microorganismos dañinos.
- Enfriado:** Refrigere los platos de comida y alimentos que pueden estropear a perder en un plazo de 2 horas.

Consejos cotidianos para una alimentación segura

- Líquidos: Lave los platos con agua de la línea roja de preparación, o mejor que está disponible, agua caliente y otros superficies.
- Carne: El pollo crudo no se debe congelar. El refrigerador y otros superficies.
- Alimentos: Evite los alimentos congelados en el refrigerador. Colóquelos en un recipiente en el estante inferior donde no genere sobre otros alimentos.

Temperaturas Internas Seguras Recomendadas per la USDA

Pollo y vacas	Pescado	Carne de cerdo	Carne molida de res	Pollo con hueso	Pastor de pollo	Ases entera	Alimentos congelados
165 grados F	145 grados F	160 grados F	160 grados F	165 grados F	165 grados F	165 grados F	165 grados F



Older Adult Work Group Members & Support Teams (Past & Present)

Food Hero/SNAP-ED team:

Carol Walsh, Cheryl Kirk, Chris Mouzong, Cindy Brown, Dusti Linnell, Kristina Parry, Rebecca Marson, Rose Jepson-Sullivan, Sally Bowman

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Joyce Senior Angulo, Lupita Zamora, Stephanie Russell

Physical Activity/Active Living (PAAL) team:

Ellen Radcliffe, Thomas Packebush

Oregon Nutrition Dairy Council:

Anne Goetze, Lewis Martin

Oregon Department of Human Services (ODHS):

Adam Rea, Lucy Huffman



Older Adults Work Group Objectives and Background

- Made up of members of SNAP-Ed/Food Hero and Physical Activity/Active Living (PAAL) teams, ODHS, and the Oregon Nutrition Dairy Council.
- Has met monthly for six years
- Formed in 2019 to develop the *Food Hero for Older Adults* publications and social marketing sub-campaign
- Starting focus was to deliver quarterly publications for Commodity Supplemental Food Program (CSFP – senior food boxes) to help recipients better use items in food boxes.
- Uses yearly feedback surveys from CSFP users and SNAP-eligible older adults to improve delivery, adapt and create content, and to expand the sub-campaign to other channels: social media, digital publications, Older Adult webpage on Food Hero website, Walk with Ease, Strong Women/Strong People classes



Food Hero for Older Adults



Classics Stay Strong

Fundamentos de los Tomates

Ingredientes y Medidas: 1/2 taza de tomates, 1/2 taza de cebolla, 1/2 taza de ajo, 1/2 taza de aceite de oliva, 1/2 taza de vinagre, 1/2 taza de sal, 1/2 taza de pimienta.

Preparación: 1. Cortar los tomates en cubitos. 2. Cortar la cebolla y el ajo en cubitos. 3. Poner los ingredientes en un tazón y mezclar bien. 4. Dejar reposar por 10 minutos.

Beneficios: Los tomates son ricos en licopeno, un antioxidante que ayuda a reducir el riesgo de enfermedades cardíacas y cáncer. También son una buena fuente de vitamina C y fibra.

Tuna Basics

Ingredientes y Medidas: 1 lata de atún en agua, 1/2 taza de maíz, 1/2 taza de guisantes, 1/2 taza de queso crema, 1/2 taza de mayonesa, 1/2 taza de sal, 1/2 taza de pimienta.

Preparación: 1. Escaldar el maíz y los guisantes. 2. Mezclar el atún, el maíz, los guisantes y el queso crema. 3. Añadir la mayonesa y mezclar bien. 4. Sal y pimienta al gusto.

Beneficios: El atún es una excelente fuente de proteínas y ácidos grasos omega-3, que ayudan a mejorar la salud del corazón y a reducir el riesgo de enfermedades crónicas.

Three Sisters Soup

Ingredientes y Medidas: 1/2 taza de maíz, 1/2 taza de guisantes, 1/2 taza de frijoles, 1/2 taza de queso crema, 1/2 taza de mayonesa, 1/2 taza de sal, 1/2 taza de pimienta.

Preparación: 1. Escaldar el maíz, los guisantes y los frijoles. 2. Mezclar los frijoles, el maíz y los guisantes. 3. Añadir el queso crema y la mayonesa. 4. Sal y pimienta al gusto.

Beneficios: Esta sopa es rica en fibra y proteínas, lo que ayuda a mejorar la digestión y a mantener el peso saludable.

Chicken Cheddar Torta

Ingredientes y Medidas: 1/2 taza de queso cheddar, 1/2 taza de tortitas, 1/2 taza de pollo, 1/2 taza de sal, 1/2 taza de pimienta.

Preparación: 1. Cortar el queso cheddar en cubitos. 2. Cortar el pollo en cubitos. 3. Mezclar el queso y el pollo. 4. Añadir las tortitas y sal y pimienta al gusto.

Beneficios: El queso cheddar es una buena fuente de calcio y proteínas, lo que ayuda a fortalecer los huesos y a mejorar la salud del corazón.

Food Hero for Older Adults Focus on Protein

Protein is essential for all body functions. Replenish daily for good health.

Benefits of Protein:

- Builds and repairs muscle
- Keeps you full longer
- Helps with weight management
- Supports bone health
- Keeps your immune system strong

Protein Sources:

- Meat (chicken, beef, pork)
- Fish (salmon, tuna)
- Eggs
- Dairy (milk, cheese, yogurt)
- Beans and lentils
- Nuts and seeds
- Tofu

Food Hero for Older Adults Focus on Calcium

Calcium is essential for all body functions. Replenish daily for good health.

Benefits of Calcium:

- Keeps bones strong
- Helps with muscle function
- Supports heart health
- Keeps your immune system strong

Calcium Sources:

- Dairy (milk, cheese, yogurt)
- Leafy green vegetables (kale, spinach)
- Fortified foods (cereal, juice)
- Almonds
- Tofu

Food Hero for Older Adults Focus on Fiber

Fiber is essential for all body functions. Replenish daily for good health.

Benefits of Fiber:

- Keeps your digestive system healthy
- Helps with weight management
- Supports heart health
- Keeps your immune system strong

Fiber Sources:

- Whole grains (wheat, oats, rice)
- Fruits (apples, pears, berries)
- Vegetables (broccoli, carrots, beans)
- Nuts and seeds
- Legumes (beans, lentils)

Food Hero for Older Adults Focus on Hydration

Hydration is essential for all body functions. Replenish daily for good health.

Benefits of Hydration:

- Keeps your body cool
- Helps with joint function
- Supports heart health
- Keeps your immune system strong

Hydration Sources:

- Water
- Fruits (watermelon, oranges)
- Vegetables (cucumbers, zucchini)
- Herbal teas
- Broths

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Food Hero for Older Adults Focus on Healthy Snacks

Snacking can help you meet your nutritional needs and keep your energy throughout the day. Here are some healthy snack ideas to try.

Protein Snacks:

- Cheese sticks
- Hard-boiled eggs
- Yogurt
- String cheese
- Edamame

Whole Grain Snacks:

- Whole grain crackers
- Trail mix
- Popcorn
- Granola bars

Fruit and Vegetable Snacks:

- Apple slices
- Bananas
- Carrots
- Cucumbers
- Peppers
- Spinach

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<https://foodhero.org/older-adults>



Food Hero for Older Adults

On the Food Hero website you'll find...

- Nutrition tips and tools that support healthy aging.
- Tasty recipes to fit a variety of healthy eating patterns, including special diets.
- Information about gardening and physical activity.

SIGN UP to receive our monthly newsletter. It's **FREE** and packed with tips on topics important to you!



Scan to visit
FoodHero.org/older-adults



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Monthly Magazine: Older Adults

Food Hero for Older Adults contains resources tailored to the unique nutrition and activity needs of people ages 60 and older. Each issue shares practical tips for maintaining a healthy lifestyle through balanced nutrition and physical activity. In addition, you'll find tasty and easy-to-follow recipes to prepare on your own or with others.

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Food Hero For Older Adults

Interested in learning more about healthy eating and physical activity? Our team of experts has created newsletters packed with tips. Learn how to include a variety of physical activity in your day, or how to ensure you're getting enough of the nutrients you need for healthy aging. Sign up to receive our emailed newsletters. We'll send them once a month right to your inbox!

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Food Hero for Older Adults on Social Media

Looking to add some physical activity to your daily routine? National Move More Month is a great time to get started!

Check out Food Hero for Older Adults. Each edition covers a variety of topics. We have four that are focused on activity: aerobic activity, flexibility, balance, and strength. Learn how to include a variety of physical activity in your day. Take a look through our other editions to learn about eating well for healthy aging.

<https://foodhero.org/cat.../monthly-magazine-categories/5516>

Food Hero for Older Adults
Focus on Aerobic Activity

Challenges Stay Strong

Low-Impact Cardio Routine

Tips

- Have a short start-up period of 5-10 minutes of low-impact activity before beginning your routine.
- Start with 10-15 minutes of low-impact activity and gradually increase to 30 minutes.
- Use a variety of activities to keep your routine interesting.
- Listen to your body and stop if you feel pain or discomfort.
- Stay hydrated throughout the day.
- Wear proper footwear.
- Use handrails for support when walking on stairs or uneven surfaces.
- Warm up before starting and cool down after.
- Add an interval of higher intensity activity to your routine.
- Use a timer to keep track of your activity time.
- Find a friend or family member to exercise with.
- Use a pedometer to track your steps.
- Set a goal for the number of steps you want to reach each day.
- Use a calendar to track your activity days.
- Use a journal to track your activity and how you feel.
- Use a checklist to make sure you are doing all the activities you want to do.
- Use a checklist to make sure you are following all the tips.
- Use a checklist to make sure you are staying motivated.
- Use a checklist to make sure you are staying safe.

Benefits of Aerobic Activity

- Helps you lose weight and keep it off.
- Improves your heart and lung health.
- Helps you sleep better.
- Helps you feel better about yourself.
- Helps you live longer.
- Helps you live healthier.
- Helps you live happier.
- Helps you live more active.
- Helps you live more independent.
- Helps you live more confident.
- Helps you live more resilient.
- Helps you live more optimistic.
- Helps you live more grateful.
- Helps you live more loving.
- Helps you live more kind.
- Helps you live more generous.
- Helps you live more helpful.
- Helps you live more caring.
- Helps you live more compassionate.
- Helps you live more empathetic.
- Helps you live more understanding.
- Helps you live more tolerant.
- Helps you live more accepting.
- Helps you live more forgiving.
- Helps you live more patient.
- Helps you live more calm.
- Helps you live more peaceful.
- Helps you live more harmonious.
- Helps you live more balanced.
- Helps you live more centered.
- Helps you live more grounded.
- Helps you live more connected.
- Helps you live more united.
- Helps you live more together.
- Helps you live more as one.
- Helps you live more in harmony.
- Helps you live more in balance.
- Helps you live more in peace.
- Helps you live more in love.
- Helps you live more in joy.
- Helps you live more in happiness.
- Helps you live more in fulfillment.
- Helps you live more in purpose.
- Helps you live more in meaning.
- Helps you live more in passion.
- Helps you live more in devotion.
- Helps you live more in faith.
- Helps you live more in hope.
- Helps you live more in charity.
- Helps you live more in kindness.
- Helps you live more in compassion.
- Helps you live more in understanding.
- Helps you live more in tolerance.
- Helps you live more in acceptance.
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- Helps you live more in calmness.
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- Helps you live more in unitedness.
- Helps you live more in togetherness.
- Helps you live more in oneness.

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FOOD HERO FOR OLDER ADULTS

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Happy National Senior Health and Fitness Day!



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Today we're celebrating daily activity for older adults. A helpful tip is to take short breaks from sitting with "activity snacks." These are just one or two minutes of movements that make you breathe harder and get your heart pumping. Activity snacks help you to stay active throughout the day. Want to learn more? Check out our Food Hero for Older Adults issue on Moving More. Link in bio!

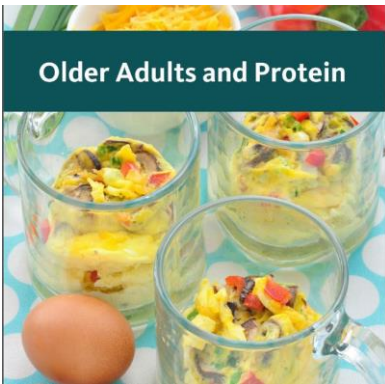
#SeniorHealth #FitnessDay #HealthyAging #SeniorFitness #HealthLifestyle #MoveMore

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beafoodhero
Corvallis, Oregon

Protein provides the building blocks to stay strong and live long. So it's important for older adults to get enough protein throughout the day.

The nutrition Facts label shows the amount of protein in grams (g) for one serving of the food. Aim for 20 to 30 grams of protein at each meal. Check out this recipe for Veggie Omelet in a Mug. It has 17 grams of protein per serving. Enjoy it with whole-wheat bread to get more protein and fiber.

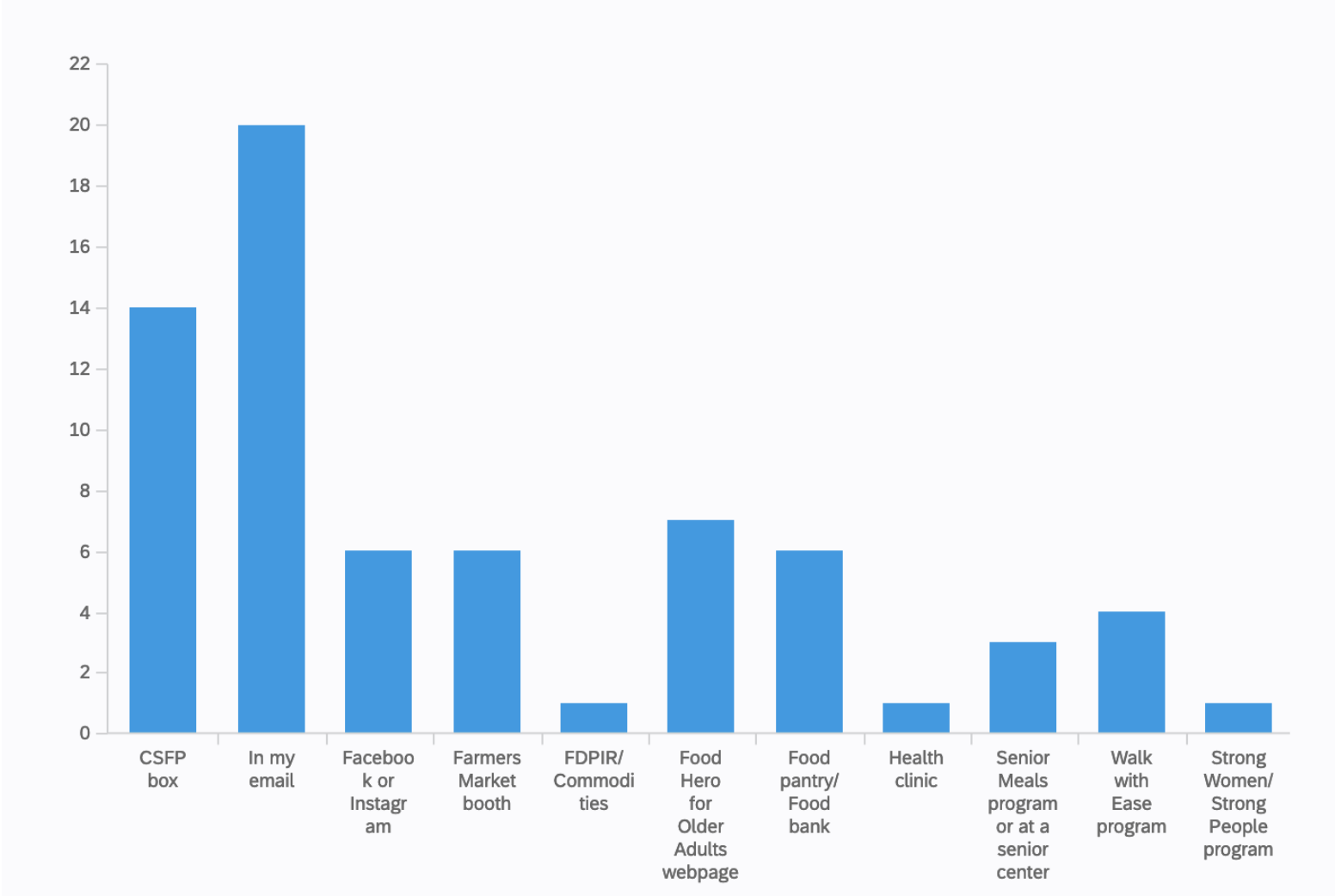
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Where do you recall seeing or receiving this publication?



“Food class at the Newport library”

“Columbia County Senior Health Fair”

“Midvalley Gleaners”

“At a class called "Healthy cooking for seniors on a budget" put on by a local OSU Extension/Snap-Ed nutritionist”

Source: Food Hero for Older Adult 2024 Feedback survey; N = 114