



Three Rivers  
Community Action, Inc.  
Senior Programs



Providing services, volunteer opportunities, caregiver help, and information focusing on seniors in Goodhue, Rice & Wabasha Counties

Inside this  
Newsletter

Contact Information ----- Page 2  
 News from Patricia----- Page 2  
 Ask SOPHIE ----- Page 3  
 Food Shelves ----- Page 3  
 Upcoming events (cont.) ----- Page 3  
 Our Caterers ----- Page 4  
 Book Corner from Joyce ----- Page 4  
 Internet Savvy ----- Page 4  
 Heart-Healthy Snack Tips----- Pages 5-6  
 Snacking Tips for Diabetics-- Pages 7-8  
 Kidney-Healthy Snack Tips -- Pages 9-10  
 Healthy Living Hints/Recipe---Page 11

# FOCUS

Summer 2007

Joyce and Pat are always happy to answer your questions about information and resources related to aging, planning for aging or caring for someone who ages. We are both State Health Insurance Program (SHIP) counselors also. However since we are often out visiting and helping with in-depth issues, remember you can call Senior Linkage Line for quick questions or information.

## The Heart

A good summer movie to watch is “Something the Lord Made”. This HBO film follows two men who go against all odds to save babies suffering from a heart defect that causes them to suffocate. It tells about the first heart surgeries in the United States.

Speaking of the heart, take care of yours. Take a look at our healthy eating snack tips. If you would like more of any of the tip sheets, give us a call!



## Upcoming Events

**What:** *Creativity and Aging Conference*  
 Keynote speaker, workshops, networking and new ideas!  
**When:** Friday, September 14, 2007 from 8:30 am to 3 pm  
**Where:** Cornerstone Church, Red Wing, Minnesota  
**How:** To register, call Marie at Crossings – (507) 732-7616 or Nancy at the Red Wing Senior Center – (651) 267-3599  
**How much:** \$30, includes lunch

**What:** Educational Workshops from SE MN Legal Services  
**When:** *Personal Planning* (Power of Attorney, representatives, etc.)  
Sept. 18<sup>th</sup> in Zumbrota and Sept. 20<sup>th</sup> in Wabasha  
*Retirement Planning* (Life Estates, Gifting, Assets, etc.)  
Oct. 16<sup>th</sup> in Zumbrota and Oct. 18<sup>th</sup> in Wabasha  
**Where:** City hall in Zumbrota and St. Elizabeth’s in Wabasha  
**How much:** Free – but please call to pre-register so we can have enough materials – call Pat at 1-800-277-8418, ext. 112

Eastern Goodhue County and  
Rice County

**Joyce Grabowski**  
**1-866-644-4510**

joyce.grabowski@threeriverscap.org

Western Goodhue County and  
Wabasha County

**Patricia Kimble**  
**1-800-277-8418, ext. 112**

pat.kimble@threeriverscap.org

# *Three Rivers Community Action, Inc.*

## Mission Statement

**“Three Rivers Community Action, Inc., a private non-profit corporation, works with community partners to address basic human needs of people in our service area, thereby improving the quality of life of the individual, family and community.”**

## Offices

1414 North Star Drive  
Zumbrota, MN 55992  
Phone: (507) 732-7391  
Toll Free: (800) 277-8418  
Fax: (507) 732-8547  
TTY: MN Relay Service: (800) 627-3529  
Hours: Mon – Fri, 7:30 am – 4:00 p.m.

201 South Lyndale  
Faribo Town Square  
Faribault, MN 55021  
Phone/TTY: (507) 333-6450  
Toll Free: 866-644-4510  
Fax: (507) 333-6462  
Hours: Mon – Fri, 8:00 am – 4:00 p.m.

611 Broadway Avenue  
Wabasha, MN 55981  
Phone: (651) 565-3389  
Fax: (651) 565-2754  
Hours: Mon-Fri, 8:00 - Noon

*All facilities are Handicap Accessible.  
Reasonable Accommodations Are Available.  
ADA*

Our continued success in assisting our citizens to meet their basic needs can be assured through donations of time and money. To contribute, volunteer, or request an annual report, please contact the local Three Rivers Community Action office. Your assistance is needed and will be gratefully accepted.

## FOCUS

A Senior Programs Newsletter  
Summer 2007  
Volume 7, Issue 2

## News from Patricia

Farmer’s Markets are open and last Saturday I went to Rochester’s market. I picked up tomatoes, lettuce, spinach, onion, leeks, peas, cauliflower, carrots, cucumber, broccoli, chard, green tomatoes and one beautiful heritage tomato. I could have gotten radishes and beets too. I’m not a big fan of pickled beets, but I love them in soups. Recently I ate at a Russian restaurant in St. Paul and had both beet/cucumber salad and soup. I never in a million years thought I would like them (we got a sampler) but they were delicious!

This week I’ve sautéed veggies together with herbs, put them on pizza (add them to a plain cheese), grilled them with just olive oil on them when I grilled chicken, boiled them, blended them and made a couple of cold soups. I just discovered a way to re-heat my sautéed and grilled veggies – heat them back up in a non-stick skillet. This works for pizza too. They crisp up again instead of getting soggy from reheating in the microwave.

I’ve sautéed tomato, cracked an egg over it, added some fresh basil from my porch garden (herbs in pots), put the lid on until the egg is set and ate it with one slice of Dakota bread from the Bread Baker in Rochester and whalla!, one of my favorite breakfasts. I love the Flax Oatmeal bread at Great Harvest Breads also. I slice and freeze them so they don’t spoil in this heat, then I can take out one slice only and toast it.

Another favorite breakfast of mine is oatmeal with peanut butter. My sister in law introduced me to this combination. Does anyone think that a banana or raisins would be good in it? We get our peanut butter from the Good Food Store in Rochester. Their peanut butter comes from East Wind, an intentional community that is owned, operated and governed by its members. They make wonderful nut butters. Unlike many of the brands people typically buy, these do not have trans fats or sugar added and are delicious!

For three weeks in July I’ll be visiting my family – sisters, brothers, father-in-law, aunts, uncles, cousins, and old friends in the northwest where I grew up. I’ll look forward to visiting the Pike Place Market – the farmer’s market I grew up going to with my grandpa.

While I’m gone, our staff will answer questions about Meals-On-Wheels and Senior Linkage Line can help with questions also. Enjoy your July!

## Ask SOPHIE

*“senior, older person, hip,  
informed, & empowering”*

**Question:** My mother has limited income and I worry that she isn't able to afford food. What can she do?

**Answer:** There are several options depending upon her needs and income: Food Support (food stamps), Food Shelves, and NAPS (commodities).

To apply for Food Support go to your county's social services office. You will need to know, and show proof of, your income and assets. Even if the amount is small per month, you can use your award to pay for Meals-On-Wheels, Senior Dining, or save up two to three months worth to buy special nutritious food that may normally seem to expensive on your budget.

To apply for NAPS, Joyce and Pat can register you or you can do it through Channel One, Inc. in Rochester. If persons are 60 years of age and older and their income levels are \$1106 a month for one person and \$1483 a month for a couple, they usually qualify. Each month you receive 35-pound box of USDA food. Channel One provides useful recipes for healthy eating with each box.

Call your local FOOD SHELF for information

**Cannon Falls Community Food Shelf**, First English Church, 511 Belle St. W., Cannon Falls - 507-263-3042  
**Shelf Hours:** 1<sup>st</sup>-Sa.10-12, 3rd Th 4:30-6:30, 2nd & 4th Th 10-12 **Area Served:** Goodhue County

**Faribault Area Food Shelf**, 200 Western Ave., Faribault West Mall **Shelf Hours:** T,W,Th 1-3, or by appointment. **Area Served:** Faribault and Morristown School Districts **Phone:** 507-334-2137

**Kenyon Area Food Shelf**, 309 Forest Street First Lutheran Church, Kenyon **Shelf Hours:** 1<sup>st</sup> W 10 am - 12 Noon **Area Served:** Kenyon **Phone:** 507-789-5558

**Lake City Food Shelf**, 600 S. 8th St., Lake City **Shelf Hours:** by appointment **Area Served:** Lake City School in Wabasha and Goodhue counties **Phone:** 651-345-5888

**Lonsdale Emergency Food Shelf**, City Hall, Lonsdale **Shelf Hours:** by appointment **Area Served:** Lonsdale **Phone:** 507-744-2327

**Montgomery Food Shelf**, 105 NW 3rd St., Montgomery **Shelf Hours:** T4-6; Sat. 9-12 **Phone:** 507-364-7321 **Area Served:** Montgomery-Lonsdale School District

**Northfield Community Action Center Food Shelf**  
1651 Jefferson Parkway HS200, Northfield, **Area Served:** Northfield School District 659 **Shelf Hours:** M-F 9-5; and Thurs 5-7pm, by appointment **Phone:** 507-664-3550

**Northfield - Abundant Life Assurance Church**, P.O. Box 10 2100 Jefferson Road, Northfield, Phone Number: 507-645-7730 **Website:** <http://www.john1010.net> **Shelf Hours:** Sunday mornings, Wed. evenings, and by appointment

**Plainview-Elgin Area Food Shelf**, 346 W. Broadway, Plainview **Shelf Hours:** W 2-5; Th 1:30-4:30 **Area Served:** Plainview, Elgin, Hammond, Potsdam, Millville, Conception, Zumbro Falls, Breman **Phone:** 507-534-3802

**Pine Island Sharing Shelves**, 218 So. Main Street (Use back alley entrance (west side of Main) Pine Island **Shelf Hours:** Wed 9-11am **Area Served:** PI School District 255 **Phone:** 507-356-8990

**Red Wing Area Food Shelf**, 615 West 5th Street, Red Wing **Shelf Hours:** T & Th 4-6 pm, **Fri** 11-2 **Area Served:** 50 mile radius of Red Wing **Phone:** 651-388-9302

**St. Elizabeth's Health Care Center -Wabasha**, 1200 - 5th Grant Blvd. W, Wabasha **Shelf Hours:** By appointment **Area Served:** Wabasha-Kellogg area **Phone:** 651-565-2914

**Zumbrota Area Emergency Food Shelf**, 244 Main St., Zumbrota **Shelf Hours:** 1st & 3rd Mon 2-4, 2nd & 4th Thurs 7-8pm, 3<sup>rd</sup> Wed 10-noon for seniors **Area Served:** Bellechester, Goodhue, Mazeppa, Wanamingo, Zumbrota **Phone:** 507-732-7140

## Upcoming events (cont.)

For additional events, check with your local Senior Center, Shepherd's Center, Faith-in-Action, or PI Home Services

**What:** *Completing your Health Care Directive*  
Pine Island Home Services will have people there to help, notarize and answer questions. They will have blank copies for your convenience.

**When:** Wednesday, July 18, 2007 at 1 p.m.

**Where:** Pine Island City Hall after Sr. Dining

**How:** Call 507-356-2999, Pine Island Home Services, for more information.

**How much:** Free, funded through grants

**What:** *File of Life and Emergency Preparedness*

Come get information and supplies that you can make suit your needs with your personal information.

**When:** Wednesday, Sept. 5, 2007 at 12:30 p.m.

**Where:** Pine Island City Hall after Sr. Dining

**How:** Call 507-356-2999, Pine Island Home Services or 507-732-8512, Pat at Three Rivers Community Action.

**How much:** Free, funded through grants



### Goodhue County

#### **Cannon Falls**

Semcac Senior Dining

#### **Goodhue**

Doc Sawyers

#### **Pine Island**

Pine Haven Care Center

#### **Wanamingo**

Semcac Senior Dining

#### **Zumbrota**

Semcac Senior Dining

### Rice County

#### **Faribault**

District One Hospital

#### **Lonsdale**

South 40 Pub & Eatery

#### **Morristown**

Semcac and District One

### Wabasha County

#### **Kellogg**

Semcac Senior Dining

#### **Mazeppa**

WD's Bar and Grill

#### **Wabasha**

Semcac Senior Dining

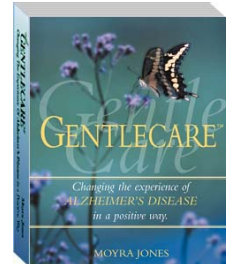
## Coming this fall A book resource guide from JOYCE

### BOOK REVIEW

Information on the content of the book *Gentlecare* can be found on their website: <http://www.gentlecare.com/aboutBook.html>

Below is their description of the contents.

**“GENTLE CARE: Changing The Experience Of Alzheimer's Disease In A Positive Way** is a 376 page book which explains and supports **GENTLE CARE**, a unique, specially designed system of care for people with dementing illness such as Alzheimer's Disease, their families, and their professional caregivers.”



A book review cited on their website says:

“Wow! Your new book, **GENTLE CARE** Changing the Experience of Alzheimer's Disease is just what the doctor should have ordered for those of us who are caring for a person afflicted with Alzheimer's Disease. What a wonderful service you have provided us - the book is magnificent... As I read each of the first hundred or so pages, I found myself wanting to comment on nearly every page. You have captured so much of the soul of caregiving - from both sides... Your thoughtful teaching, your commitment to improving the lot of those who so desperately need a better system of care, your loving support of those doing the caregiving - what a wonderful gift for all of us. Thank you for once again providing us the tools we need - all wrapped up in your lovely lavender book covered with butterflies. Hopefully the world's view of caregiving and Alzheimer's will, like a butterfly, undergo a true metamorphosis.” By *Ms. Victoria McCarty, Editor, K-Bird Publications, Camano Island, Washington*

## Internet Savvy

Here are some useful websites.

International Food Guides -

[http://www.senba.es/recursos/piramides/pictorials\\_nutrition\\_guides.pdf](http://www.senba.es/recursos/piramides/pictorials_nutrition_guides.pdf)

Harvard School of Medicine Food Guide information

<http://www.hsph.harvard.edu/nutritionsource/pyramids.html>

Latino, Mediterranean, Asian, and Vegetarian Food Pyramids

<http://www.oldwayspt.org/>

USDA Food Pyramid and Food Pyramid Tracker

<http://www.mypyramid.gov/>

# Heart Healthy Snack Tips - 2007

By University of Minnesota Nursing Students  
Three Rivers Community Action Senior Programs  
Registered Dietician and Nutritionist

Three Rivers Community Action, Inc., 1414 North Star Drive, Zumbrota, MN 55992  
1-800-277-8418

## Getting Started

As we age, our appetites decrease and our calorie intake needs decrease. When you also have heart disease it is vital to be sure that the snacks you have on hand are nutritious and good for your heart as well as tasty.

We hope the tips in this handout will help you and your family and friends purchase heart-healthy snacks that will keep you on track and complement the other meals you eat during the day.

## A Special Diet

If your doctor wants you to follow a heart healthy diet because you have heart disease, high cholesterol, hypertension, chronic heart failure, etc., you may want to limit:

- ✘ Fats
  - Saturated fats
  - Trans fats
- ✘ Dietary Cholesterol
- ✘ Sodium/salt
- ✘ Potassium

The easiest way to know if you have a healthy food is to check the nutrition label. Check out the table to the right to help you understand what the labels mean.

Check out the American Heart Association webpage: <http://www.deliciousdecisions.org/>

## Interpreting Nutrition Labels

<u>Phrase</u> .....	<u>What it means</u>
<b>Sodium</b>	
Sodium free or salt free.....	less than 5mg/serving
Very low sodium.....	35mg or less/serving
Low sodium.....	140mg or less/serving
Reduced or less sodium...	at least 25% less than in regular
Light in sodium.....	50% less than in regular
Unsalted or no salt added...	no salt added during the processing of the product
<b>Fat</b>	
Fat Free.....	less than 0.5g/serving
Low saturated fat.....	1g or less/serving
Low fat.....	3g or less/serving
Reduced fat.....	at least 25% less than comparable foods
Light in fat.....	half the fat compared to comparable foods

*Reference: National Guidelines and Tools for Cardiovascular Risk Reduction*

**Trans Fats:** The FDA (US Food and Drug Administration) says that scientific evidence shows the consumption of saturated fat, trans fat, and dietary cholesterol raises bad cholesterol (LDL) levels, which increases the risk of coronary heart disease. FDA says that 40 % of the trans fats in the average American diet comes from cakes, cookies, crackers, pies, and white breads; 20% comes from animal products.

# What to buy for heart-healthy snacks?

## Samples of healthy snacks or foods to combine with meals are:

- ☺ **Fresh fruits** – munch on strawberries, grapes, blueberries, or a delicious ripe tomato
- ☺ **Fresh Vegetables** – veggie sticks, broccoli, cauliflower, kohlrabi, celery, etc.
- ☺ **Dried fruits** – one serving is ¼ cup – make sure you buy packs that have no sugar added!
- ☺ **Nuts & raisins** – 8-22 (one palm-full) a day or 2 tablespoons of peanut butter, ¼ cup raisins.
- ☺ **Air popped popcorn** – popcorn is fine, put a little parmesan cheese on it, but avoid butter
- ☺ **Whole grain foods** – oatmeal, cornbread, whole grain bread, whole grain crackers, wild rice
- ☺ **Low fat, low sugar milk or soy based** – yogurt, yogurt drinks, soy milk, tofu, 1 oz Swiss cheese, 1 oz string cheese,
- ☺ **Vegetable juices or soups** – veggie blended juices, tomato basil soup, cucumber beet soup
- ☺ **Low sodium broths** – chicken, vegetable, look for organic when possible

## Combinations of foods

- ☺ **Peanut butter** (no additives such as sugar and hydrogenated oils) and **celery or oatmeal**
- ☺ **Sweet combinations** – low-fat cheese and an apple, spinach and strawberries, dried fruits with high fiber cereal and yogurt, toasted
- ☺ **Savory** - lettuce wrapped veggies and shrimp, toasted whole grain bread with a fresh slice of tomato

*Remember- READ THE NUTRITION LABELS to see what you are really eating. If an ingredient is a mystery or if there is added sugar, hydrogenated oils, artificial things, beware! They often substitute for healthy whole foods.*

## Avoiding Harmful Snacking

*Tip: Calling it breakfast doesn't make it a good choice*

### Choose – Yes!

Wheat English muffin with fruit spread  
Baked Chips (count out one serving only)  
Frozen fruit bar or low calorie Fudgesicle  
One small square of dark chocolate  
Slice of tomato on whole grain toast  
Banana with low fat yoghurt

### Instead of – avoid!

*Donut (fried with sugared frosting)*  
*Spicy fried chips with a sweet afterwards!*  
*Ice cream sundae*  
*Cupcake or filled cookie*  
*Toaster pastry*  
*Milk shake or blizzard*

*Did you know that a small ice cream blizzard-type drink and mushroom Swiss burger has 1240 calories, 26 grams of saturated fats, 3.5 grams trans fats, 1280 mg of sodium, 85 grams of sugar and only 2 grams of fiber! How many calories and how much fat, sodium, and sugar does that allow you to have the rest of the day? Ask your doctor or nutritionist. And remember, you still need 25 grams of fiber!*

# Snacking tips for Diabetics - 2007

By University of Minnesota Nursing Students  
Three Rivers Community Action Senior Programs  
Registered Dietician and Nutritionist

Three Rivers Community Action, Inc., 1414 North Star Drive, Zumbrota, MN 55992  
1-800-277-8418

## Getting Started

This tip sheet is designed to reinforce information that you have already received and serve as a useful reference tool in managing your diabetes.

Depending on your diagnosis of Type I or Type II your medication therapy will be different. However, something that remains the same is the focus on a healthy diet and regular exercise.

This tip sheet will give you ideas for incorporating exercise in your daily routine. Exercise is important for meeting or maintaining your healthy diabetes weight.

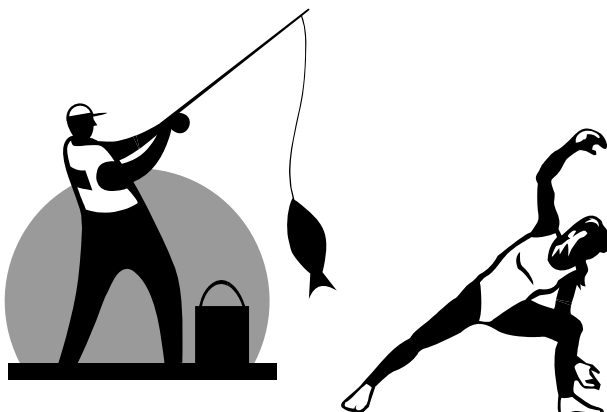
Also included are easy snack ideas and ways to improve your diet. It is important that you share this information with family and friends, especially if they do more of your grocery shopping and meal preparation.

### Exercise is especially good for people with diabetes because it:

- Helps maintain weight or helps with weight loss efforts
- Helps insulin work better to lower blood glucose
- Is good for your heart and lungs
- Gives you more energy

### Some ways to get your exercise:

- Dancing
- Bowling
- Golfing
- Swimming
- Stretching
- Fishing
- Climbing stairs
- Gardening
- Shoveling
- Pulling weeds
- Dusting
- Vacuuming
- Carpentry



<b>Foods to limit:</b>	<b>Foods to choose more often:</b>
White flour	Whole grains
Fruit juices/canned fruits	Fruit packed in water or 100% juice Fruits - raw and frozen
Fried vegetables (chips, onion rings)	Vegetables – raw and frozen
Butter/margarine and bacon grease	Virgin olive oil and canola oil
Cheeses	Low-fat dairy products
Corn syrup and table sugar	Natural sweeteners - fruit juice or honey
Fatty or red meats	Poultry (without the skin) and fish
Bacon, eggs, buttered toast	Poached egg on whole grain toast
Processed foods with lots of ingredients and added sugar, etc.	Food from the garden – slice of tomato, veggie sticks, peas, green peppers, etc.

### **Quick snacks ideas:**

- ½ banana rolled in crushed nut cereal
- ½ cup unsweetened cereal/skim milk
- 6 crackers with peanut butter
- 12 Bing cherries
- 2 small plums
- 8 oz of yogurt & fruit
- 2 rice cakes
- 3 dried dates
- 1 cup cantaloupe
- 3 dried pitted prunes
- 2 tablespoons raisins
- 7 whole grain baked crackers
- 3 cups popcorn (air popped)



### **For your sweet tooth:**

- 8 animal crackers
- sugar-free fudgsicles
- 3 gingersnaps
- 15 Teddy Grahams
- 6 Vanilla wafers
- 15 grapes
- sugar-free pudding
- sugar-free Jell-o
- diet Pop
- ½ cup applesauce
- small square dark chocolate

### **EVERYDAY EATING TIPS:**

**Grains** – Eat three whole grains – ingredients must have both “whole” and “wheat”.

**Vegetables** – Eat more dark green and orange veggies, dry beans and peas.

**Fruit** – Eat a variety of fruits raw, frozen and cooked, go easy on fruit juices.

**Fats** – Get limited fats from fish, nuts and olive oil; limit butter, margarine, and shortening.

**Milk** – Choose low-fat or fat-free milk; if you can’t consume milk, choose lactose-free products or other calcium sources such as fortified orange juice.

**Protein** – Choose low-fat or lean meat and poultry. Bake it, boil it or grill it. Vary choices with more fish, beans, peas, nuts and seeds.

**Yes, just plain foods from the earth are the best choices. The more processed, the more additives to food, the more cautious you must be about reading labels and understanding what it is you are eating. When buying “convenience food” ask who is it convenient for?**

# Kidney-Healthy Snack Tips - 2007

By University of Minnesota Nursing Students  
Three Rivers Community Action Senior Programs  
Registered Dietician and Nutritionist

Three Rivers Community Action, Inc., 1414 North Star Drive, Zumbrota, MN 55992  
1-800-277-8418

## Getting Started

Eating a kidney-healthy diet can be tricky. This tip sheet is designed to help your friends, family, and yourself know how to make wise choices when eating meals and snacking between meals. By learning what to eat and why, you are better able to keep your kidneys healthy while enjoying the food you love.

## A Special Diet

A special diet will help control the buildup of waste products in your blood and decrease the workload of the kidneys. If you have kidney problems (and your doctor recommends diet changes) you will likely need to change your eating habits. to help maintain the function of your kidneys.

Your doctor or nutritionist may recommend you adjust the amount of foods you eat that are high in:

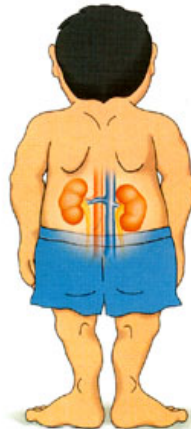
Phosphorous

Sodium

(salt is made up of  
sodium and chloride)

Potassium

Protein



## Spice up your diet

- Allspice..... Use with beef, fish, beets, or fruit
- Basil..... Use with beef, pork and veggies
- Bay Leaf.... Use with beef, pork, and vegetables
- Curry.....Use with beef, chicken, pork, fish, and carrots, and in rice
- Dill..... Use with beef, chicken, green beans, cabbage, carrots, peas and in dips
- Ginger..... Use with beef, chicken, pork, green beans, cauliflower, and eggplant
- Rosemary... Use with chicken, port, fish green beans, beets, and carrots
- Sage..... Use with chicken, beef, and in dressing
- Tarragon.... Use with fish, beets, asparagus, cabbage, and in chicken

## Specific Foods to Limit:

Apricots, bananas, cheese, chocolate, cocoa, coconut, cream, prunes and prune juice, dried fruits, and beans, lentils, melon, milk, molasses, nuts, oranges, peanut butter, peas, potatoes, raisins, dark rye flour, frozen veggies packed with sauce, spinach, tomatoes, tomato juice and soups, wheat or oat bran and whole wheat.

While limiting these foods, it is still important to eat foods from all food groups in appropriate serving sizes.

## Some more Tips

1. Choose smaller portions of meats
2. Limit dairy. Check with your doctor, recommended amounts vary from ½ cup to 2 cups a day
3. Limit cheese to 1 ounce per day or ½ cup of cottage cheese
4. Choose fresh or frozen over canned whenever possible!

Always check with your doctor or dietitian before taking any vitamins, minerals or other supplements and ask about getting individualized diet information for your medical situation.

## Recommended Fruits & Vegetable!

### Eat Fresh or Frozen!

Asparagus    Blackberries  
Blueberries    Cabbage    Carrots  
Celery    Cherries    Corn  
Cranberry sauce or juice  
Cucumbers    Grapefruits  
Grapes    Green Beans    Leeks  
Lettuce (dark leafed)    Lemon  
Limes    Onions    Pears  
Peppers    Pineapple    Pumpkin  
Radishes    Raspberries    Strawberries  
Tangerines, Turnips, Watermelons  
White Potatoes

## Easy Snacking

Making the best choices during family gatherings and on holidays, or simply handling snacking during the day can be difficult. Before reaching for those potato chips or those cookies your neighbor brought over, try these helpful suggestions:

- ☺ ½ cup of sherbet or 1 popsicle
- ☺ 1 cup light salt/low-fat popcorn
- ☺ 1 ½ ounces of hard candy, fruit flavors or jelly beans
- ☺ 1 cup of soy milk
- ☺ 1 rice cereal bar (no nuts or chocolate)
- ☺ Low or no-salt corn tortilla chips
- ☺ Veggies, raw (see recommended list)
- ☺ White rice with flavored rice milk

*Remember to get adequate water intake: eight or more 8-ounce glasses of water every day!*

### For more information, check out these websites!

<http://www.kidney.org>  
<http://www.kidney.org/kidneyDisease/>  
<http://www.kidneyfund.org/index.asp>  
<http://www.kidneyoptions.com/dietnutrition.html>  
<http://www.mayoclinic.com/health/food-and-nutrition/HQ01212>  
[http://www.fairview.org/healthlibrary/content/sh\\_a\\_acrenal\\_crs.htm](http://www.fairview.org/healthlibrary/content/sh_a_acrenal_crs.htm)

# Oat and Nut Crunch Mix

20 servings (5 cups) Prep: 10 minutes Bake: 20 minutes Cool: 30 minutes Stand: 30 minutes



## Ingredients

- 4 cups sweetened oat square cereal or brown sugar-flavored oat biscuit cereal
- 1/2 cup sliced almonds
- 2 tablespoons melted butter or olive oil
- 1/2 teaspoon apple pie spice
- Dash salt
- 1 cup dried cherries and/or light raisins

## Directions

1. In a 15x10x1-inch baking pan combine cereal and almonds. In a small bowl stir together olive oil or melted butter, apple pie spice, and salt. Drizzle butter mixture over cereal mixture: Toss to coat.
2. Bake in a 300 degree oven for about 20 minutes or until almonds are toasted, stirring once during baking. Cool in pan on a wire rack for 20 minutes. Stir in dried cherries. Cool completely. Store in a tightly covered container at room temperature up to 1 week.

Makes 20 servings (5 cups)



Sit down, enjoy a warm beverage and read



*“Healthy Living Hints from Three Rivers”*

## The New Food Pyramids

This issue is full of lots of tips on using food, nutrition, and exercise to keep us healthy. With the information age and changing availability of foods, we now know that “one size fits all” doesn’t work very well, even with eating! The USDA’s new MyPyramid.gov process helps you to individualize your food options, but if you like ethnic foods try looking at some of the international food pyramids and pictorial food guides. They are listed on the “Internet Savvy” section on page 4. Don’t use the internet? Give us a call or go to your local library for help. The specific information you want can be printed.



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*Three Rivers*  
*Community Action, Inc.*  
**S***enior Programs*

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## **Inside this issue!**

- UPCOMING EVENTS
- HEALTHY SNACK TIPS
- FOOD SHELVES IN OUR AREA
  - INTERNET SAVVY
  - ASK SOPHIE

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