



the scoop

it's march for meals!

#SaveLunch: Urgent Plea for Meals on Wheels Funding Herb Will, Nutrition Director

On March 8th, Congress will vote on a budget that determines how much money will be appropriated for Meals on Wheels, a lifeline for countless elderly residents in our rural communities. As the budget for this vital program goes before Congress, we urgently call upon them to support and secure the funding needed to keep the meals coming.

Meals on Wheels is more than just a meal delivery service; it's a critical support system for our elderly population that delivers wellness checks across the Northeast Kingdom. The upcoming decision holds immense significance, determining the program's ability to deliver nutritious meals to those who rely on it daily and determining how much each meal site will have to raise through private donations and non-profits to stay able to serve meals.

The NEK Council on Aging, along with other organizations, urges Congress to recognize the vital role that Meals on Wheels plays in our communities and allocate the necessary funds to sustain and expand its reach. #SaveLunch campaign is a collective call to action to ensure that this invaluable program continues to bring nourishment, companionship, and hope to the doorsteps of our elderly neighbors in rural America. Together, we can make a difference and safeguard the well-being of those who have paved the way for our communities.

National Nutrition Month® "Beyond the Table" Alicia Armstrong RDN, LD, CDCES

This March, as we observe **National Nutrition Month®** with the theme "**Beyond the Table**," the focus is on the farm-to-fork journey of our food. It's an invitation for everyone to explore informed food choices and develop healthful eating and physical activity habits. Consider incorporating a new fruit or vegetable each week, embracing the diversity of plant-based meals with options like beans and lentils. Additionally, aim to share meals with others, fostering social connections, and explore local food recovery initiatives to contribute to reducing food waste.

To enhance your well-being, take breaks during TV commercials for some light physical activity and practice mindful eating by minimizing screen time during meals. Experiment with flavors by introducing new herbs, spices, or citrus fruits like lemon or lime into your meals. By adopting these small changes, you not only support a healthier lifestyle but also contribute to a more sustainable and connected community.

If you're inspired to delve deeper into nutrition, consider reaching out to our Dietitian, Alicia Armstrong RDN, LD, CDCES, for personalized advice and guidance on cultivating enduring healthy eating habits.

Cheers to a month dedicated to holistic well-being and the joy of nourishing our bodies with purpose!

3SquaresVT: putting healthy food on your table!



MEALS @ WHEELS AMERICA



CHAIR YOGA

MUSCLES
STRETCHED

- *Trapezius*
- *Scalenus Medius*
- *Levator Scapulae*
- *Sternocleidomastoid*

HEALTH
BENEFITS

- *Relieves stress*
- *Eases neck pain*
- *Helps the entire body relax*



Neck Stretch

Sit up straight in your chair, and do not let your back touch the back of your chair. Extend your neck slowly upward so you feel the crown of your head rising towards the ceiling. While holding the base of your chair with your right hand, slowly reach upwards with your left hand to hold your left temple. Take a deep breath, and upon exhalation, gently dip your left ear towards your left shoulder without bending your back or raising your right shoulder. Take several slow breaths in and out in this position, before alternating this stretch to the opposite side.

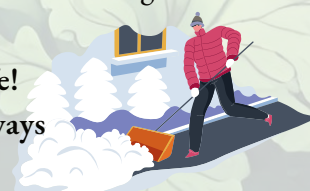
Gentle Neck Stretch Chair Yoga for Elder Well-being

In the realm of accessible and rejuvenating exercises for seniors, neck stretch chair yoga stands out as a delightful and beneficial option. Tailored to accommodate varying mobility levels, this form of yoga offers a gentle approach to enhancing flexibility and relieving tension in the neck area. Seated comfortably in a chair, elderly individuals can begin by sitting with an upright posture, gently tilting their head from side to side and forward and backward, feeling the soothing stretch along the neck and shoulders. This practice aids in promoting better circulation, reducing stiffness, and alleviating common discomfort associated with aging.

Moreover, the beauty of neck stretch chair yoga lies in its simplicity and adaptability. Seniors can easily incorporate these gentle exercises into their daily routine, making it an accessible and enjoyable way to maintain overall well-being. Whether practiced independently or as part of a group session, this form of chair yoga provides a serene avenue for the elderly to enhance their range of motion, relax the neck muscles, and experience a sense of tranquility, contributing to a more balanced and comfortable lifestyle.

Please keep our volunteers safe!

Keep your walkways and driveways clear and sanded.



Chair Yoga helps to
BOOST your mood!



Kale and White Bean Soup

Ingredients

- 1 cup chopped onion
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 1 Tablespoon margarine or butter
- 2 cups low-sodium broth (any type)
- 1 can (15 ounces) white beans, drained and rinsed
- 1 ¾ cups diced tomato or 1 can (14.5 ounces) diced tomatoes with juice
- 1 Tablespoon Italian seasoning
- 3 cups chopped fresh kale or 1 cup frozen chopped kale

Directions

1. Wash hands with soap and water.
2. In a saucepan over medium-high heat, sauté onion and garlic in margarine or butter until soft.
3. Add broth, white beans and tomatoes; stir to combine.
4. Bring to a boil. Reduce heat, cover, and simmer for about 5 minutes.
5. Add the kale and Italian seasoning. Simmer until kale has softened, 3 to 5 minutes. Serve warm.
6. Refrigerate leftovers within 2 hours.

Nutrition Facts

5 servings per container	
Serving size	1 cup (241g)
Amount per Serving	
Calories	120
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 44mg	4%
Iron 1mg	6%
Potassium 370mg	8%
Vitamin A 63mcg	7%
Vitamin C 13mg	14%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.