

COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

April 24, 2020

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BEST HERBS FOR CONTAINER GARDENS

Keep these plants on a kitchen windowsill to take your cooking to the next level.

Spring has arrived and so has the urge to get our fingers in the dirt and start planting. But, it is still a little too early for that. Why not start with planting containers full of herbs? Whether you move them outdoors this summer or keep them in your window all year long, herbs are a great way to add a just picked flavor to all your meals.

As a general rule, place your herbs in a spot that gets at least six hours of sun daily.

Basil:

Place the pots in a south-facing window; it likes lots of sun and warmth.

Oregano:

Start with a tip that has been cut from an outdoor oregano plant. Once you've then planted that tip in a pot, place it in a south-facing window.

Parsley:

Parsley likes full sun, but will grow slowly in an east- or west-facing window.



Rosemary:

Grows best in a south-facing window. Expect your kitchen to smell fresh.

Tarragon:

Place in a south-facing window for as much sun as possible.

Thyme:

Likes full sun but will grow in an east- or west-facing window.

Source: goodhousekeeping.com



CHICKEN, AVOCADO STRAWBERRY SALAD

It's spring-time and that means spring flavors! This light salad is full of strawberries, grilled chicken and avocado, topped with a healthy balsamic vinaigrette. It is a perfect light meal for a warm spring day.

Ingredients

- 6 cups of baby spinach
- 2 chicken breasts
- salt & pepper
- 1 1/2 cups of sliced fresh strawberries
- 1 avocado, sliced
- 1/4 cup pecans
- 1/3 cup crumbled feta cheese

Balsamic Vinaigrette:

- 1/4 cup balsamic vinegar
- 3 tablespoons olive oil
- 1 tablespoon dijon mustard
- 1 tablespoon honey
- 1 teaspoon dried basil
- salt & pepper to taste

Instructions:

Preheat grill to medium high heat. Season both sides of chicken breast with salt and pepper.

Place chicken on the grill and grill each side for 5-6 minutes or until there is no more pink.

Remove from grill and let sit.

In the mean time, to a small bowl add balsamic vinegar, olive oil, dijon mustard, raw honey, dried basil, salt and pepper to taste. Whisk together.

In a large bowl, add spinach, strawberries, avocado, pecans, crumbled feta cheese and then top with sliced grilled chicken. Serve with Balsamic Vinaigrette.

Nutrition Info:

Calories: 253 Fat: 16 g Carbohydrates: 17 g Protein: 13 g



6 STRATEGIES FOR A HEALTHIER SPRING

According to the CDC, doing these things can help prevent chronic diseases like type 2 diabetes, heart disease, and cancer with these 6 healthy habits for spring.

Get Moving



Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

Color Your Plate



Make healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

Get More Sleep



Adults need at least 7 hours of sleep at night.

Be Sun Safe



Use broad-spectrum sunscreen with at least SPF 15. Wear sunglasses that block both UVA and UVB rays for the best protection.

Brush Your Teeth



Brush twice a day with fluoride toothpaste.

Stay Hydrated



Substitute water for sugary or alcoholic drinks to reduce calories and stay hydrated.

MEET AND EAT APRIL 2020

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for April 2020. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery .

Contact Information:



Marlene Miller
Lead Ombudsman/Senior Service, SHIP
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APRIL 2020 YUMA MEAL SITE

FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Reservations Call 848-2038 by 8:00 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>		<p>1</p> <p>TERIYAKI BEEF RICE ORIENTAL VEGETABLES ROLLS PEACH SLICES NATURE COOKIE</p> <p>SENIOR MEETING</p> <p>Calories: 723 Carb: 117.9g Fiber: 10.8g Protein: 32.0g Fat: 15.4g Sodium: 465mg</p>	<p>2</p> <p>TUNA NOODLE CASSEROLE BROCCOLI WW ROLL APRICOT HALVES COOKIES W/ RAISINS</p> <p>Calories: 716 Carb: 90.5g Fiber: 10.6g Protein: 37.4g Fat: 25.7g Sodium: 590mg</p>	<p>3</p>
<p>6</p> <p>IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT BY ONE DAY BEFORE</p>	<p>7</p> <p>SMOTHERED PORK CHOPS SCALLOPED POTATOES STIR FRY VEGETABLES CARAWAY ROLL PINEAPPLE MANDARIN ORANGE COMPOTE COOKIES W/ RAISINS</p> <p>BIRTHDAY RECOGNITION</p> <p>Calories: 820 Carb: 98.2g Fiber: 9.8g Protein: 42.3g Fat: 30.3g Sodium: 679mg</p>	<p>8</p> <p>BAKED CHICKEN BAKED SWEET POTATO WINTER MIX VEGETABLES APPLE MUFFIN PEACH SLICES</p> <p>Calories: 653 Carb: 84.1g Fiber: 10.8g Protein: 41.2g Fat: 18.9g Sodium: 799mg</p>	<p>9</p> <p>SEAFOOD BURGER ON A BUN LETTUCE/TOMATO/ONION SLICES PASTA SALAD ORANGE/BANANA JELLO SALAD</p> <p>Calories: 644 Carb: 85.4g Fiber: 10.1g Protein: 35.0g Fat: 20.0g Sodium: 689mg</p>	<p>10</p>
<p>13</p> <p>Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50</p>	<p>14</p> <p>BAKED FISH BAKED POTATO TOSSED SALAD W/ FRENCH DRESSING COUNTRY MIX VEGETABLES BRAN MUFFIN PEACH SLICES</p> <p>Calories: 631 Carb: 99.4g Fiber: 11.0g Protein: 28.0g Fat: 16.4g Sodium: 833mg</p>	<p>15</p> <p>CHILI W/ BEANS JEANNIE'S SALAD CINNAMON ROLLS PINEAPPLE TIDBITS</p> <p>BLOOD PRESSURE</p> <p>Calories: 608 Carb: 92.9g Fiber: 13.5g Protein: 28.3g Fat: 16.3g Sodium: 565mg</p>	<p>16</p> <p>BACON POTATO BURRITO GREEN CHILI W/ PORK SPANISH RICE TOSSED SALAD FRENCH DRESSING PEAR ORANGE FRUIT CUP COOKIES W/ RAISINS</p> <p>Calories: 807 Carb: 105.2g Fiber: 9.8g Protein: 28.9g Fat: 31.9g Sodium: 869mg</p>	<p>17</p>
<p>20</p> <p>OTIS POT LUCK</p>	<p>21</p> <p>BEEF STROGANOFF NOODLES FRITO SALAD BRUSSEL SPROUTS ONION ROLL FRUIT COCKTAIL</p> <p>Calories: 686 Carb: 93.6g Fiber: 10.8g Protein: 36.9g Fat: 19.9g Sodium: 721mg</p>	<p>22</p> <p>LASAGNA CASSEROLE TOSSED SALAD FRENCH DRESSING GREEN BEANS FRENCH BREAD PEACH POLKA DOT SALAD</p> <p>Calories: 635 Carb: 85.4g Fiber: 10.4g Protein: 37.3g Fat: 19.3g Sodium: 766mg</p>	<p>23</p> <p>PORK CHOP SUEY RICE CARROT COINS WW ROLL GRAPE JUICE PINEAPPLE TIDBITS</p> <p>Calories: 709 Carb: 111.2g Fiber: 9.8g Protein: 31.8g Fat: 17.0g Sodium: 498mg</p>	<p>24</p>
<p>27</p> <p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p>28</p> <p>TUNA PASTA SALAD TOMATO SLICES CONFETTI COLESLAW WW ROLLS CHERRY BANANA SURPRISE NATURE COOKIES</p> <p>Calories: 732 Carb: 110.9g Fiber: 10.4g</p>	<p>29</p> <p>CHICKEN NOODLE SOUP CRACKERS PEAS BLUEBERRY MUFFIN PINEAPPLE MANDARIN ORANGE COMPOTE</p> <p>Calories: 694 Carb: 96.2g Fiber: 11.3g</p>	<p>30</p>	<p>31</p>