

COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

May 15, 2020

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Buy pet food and supplies online from the comfort of your own home during lockdown.

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Cheese tortellini tossed in a creamy tomato sauce with Parmesan cheese and fresh basil.

GARDENING: PLANTS YOU CAN REGROW ON YOUR WINDOWSILL

Six easy and surprisingly entertaining veggies that grow with just a little water, sunlight.



MAY MEET AND EAT SCHEDULE

Plus information for if you or someone you know needs meal delivery.



WHERE TO BUY PET FOOD ONLINE

With Coronavirus shutdowns preventing some from buying groceries and other necessities, many are realizing that affects their furry friends too. Buy what you need from the comfort of your own home!



The Farmer's Dog

The Farmer's Dog uses human grade meat and veggies that provides nutrition and integrity for you pet!

Fetch

Fetch is the online pet store and offers a range of dog and cat treats. They also offer pet supplies like pet beds, hedgehog food, bird seeds and toys.



Pets At Home

From frozen food essentials to dog treats, you'll find everything you need for your four-legged friend.



Lily's Kitchen

You can find a range of dry and wet dog food and some pretty fancy treats too! Lily's kitchen can help you treat your pup to some delicious meals.



TORTELLINI WITH TOMATO CREAM SAUCE

Looking for a quick and easy meal you can make with what you probably already have in your own pantry and fridge? Try this cheesy, savory tortellini covered in a smooth and salty tomato cream sauce.

Ingredients

1 16-oz pkg cheese tortellini
1 14.5oz can tomato sauce
1/2 tsp salt
1/4 tsp pepper
1 1/2 tsp dried basil
1 tsp minced garlic
2 Tbsp all-purpose flour
3/4 cup milk
3/4 cup half and half
1/4 cup grated Parmesan cheese



Directions

Bring a large pot of water to a boil. Add the tortellini, and cook until tender, according to package directions.

Meanwhile, heat the tomato sauce, salt, pepper, basil and garlic in a large saucepan over medium heat. Cook and stir until bubbling.

In a medium bowl, whisk together the flour, milk and half and half.

Stir this mixture into the saucepan along with the Parmesan cheese. Heat through, then reduce heat to low, and simmer until thick, about 2 minutes.

Serve with an additional sprinkle of parmesan cheese.

PLANTS YOU CAN REGROW ON YOUR WINDOWSILL

These 6 veggies are surprisingly easy to grow with just a little water, sunlight.

Green Onions



The fastest and easiest plants to regrow on your own are green onion. Simply place the root plus about 1 inch of the white part into a shallow bowl or jar then fill it with enough water to reach about halfway up the white part. Change the water every 2 to 3 days.

Cabbage



Cabbage regrows just the same as romaine. Save a stump from the cabbage with the roots and place in 1" of water. After leaves start to sprout transfer to soil.

Leeks



Leeks are related to green onions and can be regrown in the same way. Cut off the root and about 2 inches of the white part. Place in a jar with water reaching halfway up. Leeks will take longer to grow because they are much larger than green onions. Be sure to change the water every 2 to 3 days.

Celery



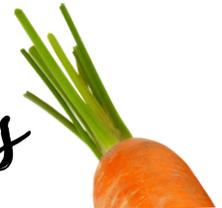
Cabbage regrows just the same as romaine. Save a stump from the cabbage with the roots and place in 1" of water. After leaves start to sprout transfer to soil.

Romaine



Cabbage regrows just the same as romaine. Save a stump from the cabbage with the roots and place in 1" of water. After leaves start to sprout transfer to soil.

Carrot Tops



Cut off the root end of a carrot and place it in a small bowl of water, cut side-down. The carrot itself will not regrow but the leaves will! The greens can be used as garnish, in a salad, or could even be turned into a pesto.

MEET AND EAT MAY 2020

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for May 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:



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MAY 2020 YUMA MEAL SITE FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1				HOT ROAST BEEF SANDWICH JEANNIE'S SALAD CALIFORNIA VEGETABLES PEAR HALF W/ CRANBERRY SAUCE NATURE COOKIES Calories: 683 Carb: 100.4g Fiber: 10.1g Protein: 34.2g Fat: 18.7g Sod: 718mg
For Reservations Call 848-2038 by 8:00 a.m. the day you want the meal. If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.	IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.			
4	5	6	7	8
Menu may change due to availability of food items or conditions that cause the kitchen to close.	SHEPHERD'S PIE CONFETTI COLESLAW HARVARD BEETS ROLL STRAWBERRY APPLESAUCE BIRTHDAY RECOGNITION Calories: 656 Carb: 108.5g Fiber: 10.9g Protein: 30.8g Fat: 14.8g Sod: 1005mg	CHICKEN POT PIE JEANNIE'S SALAD FRUIT CUP NATURE COOKIES SENIOR MEETING Calories: 829 Carb: 106.7g Fiber: 10.2g Protein: 36.8g Fat: 32.0g Sod: 481mg		CHOICE: HAMBURGER STEAK SALMON FILET BAKED POTATO MIXED VEGETABLES BRAN MUFFIN OREGON BERRY COMPOTE Calories: 640 Carb: 100.6g Fiber: 12.9g Protein: 30.6g Fat: 15.7g Sod: 1022mg
11	12	13	14	15
Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50	BRAISED BEEF RICE HARVARD BEETS ROLLS TROPICAL FRUIT CUP NATURE COOKIE Calories: 716 Carb: 113.8g Fiber: 9.7g Protein: 30.4g Fat: 17.1g Sod: 597mg	CHICKEN CACCIATORE MASHED POTATOES COUNTRY MIX VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP YELLOW CAKE Calories: 811 Carb: 100.2g Fiber: 11.8g Protein: 44.2g Fat: 28.0g Sod: 1191mg		SPAGHETTI w/ MEATSAUCE TOSSED SALAD GARLIC BREAD GREEN BEANS FRUIT CUP Calories: 607 Carb: 86.8g Fiber: 10.9g Protein: 31.5g Fat: 18.2g Sod: 576mg
18	19	20	21	22
OTIS POTLUCK	CHICKEN SALAD BEAN MEDLEY SALAD ROLLS MANDARIN ORANGES/ BANANAS CARROT CAKE Calories: 685 Carb: 99.6g Fiber: 9.6g Protein: 34.8g Fat: 19.0g Sod: 680mg	CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO CALIFORNIA VEGETABLES ANNA'S DILLY BREAD CINNAMON APPLE SLICES BLOOD PRESSURE Calories: 601 Carb: 98.1g Fiber: 10.8g Protein: 30.0g Fat: 12.4g Sod: 820mg		CHEESE POTATO OMELET BROCCOLI BRAN MUFFIN OREGON BERRY COMPOTE Calories: 637 Carb: 83.6g Fiber: 13.0g Protein: 29.7g Fat: 22.7g Sod: 823mg
25	26	27	28	29
	LASAGNA TOSSED SALAD PEAS & CARROTS GARLIC BREAD FRUIT CUP Calories: 605 Carb: 85.5g Fiber: 11.1g Protein: 34.2g Fat: 17.6g Sod: 599mg	SCALLOPED POTATOES W/ HAM LAYERED SALAD ROLL PEAR ORANGE FRUIT CUP CINNAMON CRISPIES Calories: 777 Carb: 105.5g Fiber: 10.5g Protein: 34.0g Fat: 27.0g Sod: 1152mg		BEEF O'LE REFRIED BEANS MEXICALI CORN FRUIT CUP Calories: 618 Carb: 88.8g Fiber: 12.1g Protein: 36.3g Fat: 16.1g Sod: 551mg