



PROJECT AGE WELL

Project Age Well is a program offered by Project Open Hand.



Project Open Hand

meals with love

Welcome!



Project Age Well is a 16-week program that includes nourishing foods, remote peer group wellness education, and individual support from a Care Coordinator and Nutritionist.

MY WEEKLY CLASSES ARE ON _____, AT _____ AM/PM.

Join using the Zoom link sent to you by Project Age Well staff or call in from your phone using the following information:

- **Phone Dial-In Number:** (669) 900-6833
- **Meeting ID:** _____

Check one box below and fill in the blanks:

MY FOOD WILL **BE DELIVERED** TO ME ONCE PER WEEK ON:

_____ (M, T, W, Th, or F) between 10:00am and 3:00pm.

If I will NOT be home during this delivery window, I will call (415) 447-2448 or (510) 622-0221 24 hours in advance and leave a message if no one answers.

I WILL **PICK UP** MY FOOD ONCE PER WEEK AT PROJECT OPEN HAND:

- **Address:** 1921 San Pablo Ave, Oakland, 94612

- **Hours:** Monday, Tuesday, Thursday, Friday 10am – 2pm

Note: Closed Wednesdays, Saturday, Sundays & Holidays

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CONTACT US

agewell@openhand.org

Care Coordinator, Sami: (415) 497-2330

Nutritionist, Mandy: (415) 954-2532

Manager, Erika: (757) 759-1340

www.openhand.org



Welcome to Project Open Hand



We are excited you are joining us for Project Age Well!



Project Open Hand 101

Our history: Founded in 1985, Project Open Hand (POH) is a nonprofit organization that provides *meals with love* to critically ill neighbors and older adults. Our food is like medicine, helping clients recover from illness, get stronger and lead healthier lives.

Who we are today: Every day, we prepare 2,500 nutritious meals and provide 200 bags of healthy groceries to help sustain our clients as they battle serious illnesses, isolation or other health challenges of aging. We serve San Francisco and Alameda Counties, engaging more than 125 volunteers every day to nourish our community!



Project Age Well 101

Project Age Well (PAW) is a new program offered by POH, which is funded by a grant from the Administration for Community Living.

Who is it for? PAW is open to Bay Area older adults in San Francisco, Alameda and Sonoma counties.

What does it involve? You will attend a 16-week virtual class series via Zoom or phone led by our Care Coordinator and our Nutritionist in small peer groups. Half of the classes will focus on Nutrition; the other half will focus on Health and Wellness.

What else? You will also receive nourishing meals or groceries (your preference) delivered to your home once a week throughout the 16-week program.

This packet is intended to be a reference guide if you have questions. Of course, you can always call us if you have a specific question or concern!

Get To Know Us!

Sami Wilkinson, your Care Coordinator



My name is Sami, and I will be your Care Coordinator for Project Age Well. I first joined Project Open Hand as a volunteer in 2018 and was so impressed by the organization that I decided to join the team as a full-time employee shortly after. Over the last few years, I have gained a deep appreciation for the organization's mission, staff, volunteers, and clients and feel fortunate to be working alongside such passionate and hardworking individuals.

Before joining the Project Open Hand team, I earned my degree in Nonprofit Administration at The University of San Francisco. Prior to that, I taught group fitness classes to older adults and provided personalized fitness coaching to help clients meet their individual health goals.

During our classes, we will spend time discussing the many components of health and wellness and think about how we can incorporate healthy habits into our lives. It is my hope that we will be able to learn from one another and support each other as we care for our minds and bodies.

Outside of work, you can find me swimming, trying new foods or spending time with my friends and family.

Contact Sami:

swilkinson@openhand.org

agewell@openhand.org

(415) 447-2448 or (415) 497-2330

Get To Know Us!

Mandy Murphy Carroll, your Nutritionist



My name is Mandy, and I am excited to work together as your Nutritionist for Project Age Well. In our classes, we will talk about the food we eat and how it relates to our overall health and wellbeing. We will also have the opportunity to meet individually to discuss any questions you have related to nutrition and to help support you toward any nutrition-related goals. I look forward to meeting you!

Bringing people together to enjoy a meal with one another was a main factor that led me to pursue a career in wellbeing, health and nutrition. I am deeply passionate about how food is integrated into so much of life and how it impacts almost every aspect of our wellbeing. Shared meals with my family's larger community was a big part of my upbringing in Arizona.

My formal nutrition journey started when I studied nutritional sciences at the University of Arizona, and then went on to complete my dietetic internship with El Departamento de Salud in Puerto Rico in order to become a Registered Dietitian in 2009. I have had the opportunity to work in WIC centers, prenatal programs, and a variety of different nutrition-related research studies. Along the way, I pursued my Master in Public Health Nutrition at UC Berkeley. I am thrilled to be at Project Open Hand now working with the Project Age Well program!

When I am not working on Project Age Well, you can find me enjoying time with family and friends, shopping at the Mission Farmers Market, cooking, listening to podcasts, and walking Bernal Hill.

Contact Mandy:

mcarroll@openhand.org

agewell@openhand.org

(415) 954-2532

Your Classes & Individual Sessions

Each week we will cover a new topic in class. Class order is subject to change. For a specific class schedule, please contact your Care Coordinator.

During the program, you will also have three individual meetings with a Care Coordinator and/or Nutritionist to discuss any health concerns and support you with any goals you have. We will contact you to schedule these meetings.

| Wellness Topics | Nutrition Topics |
|---|--|
| Developing Healthy Habits | Our Bodies and Nutrition as We Age |
| Building Social Connection | Eating Well 101 |
| Reducing Stress and Cultivating Mindfulness | Variety of Fruit and Vegetables |
| Protecting Your Brain Health | Portion Sizes and Meal Timing |
| Understanding the Power of Sleep | Food Quality and Food Labels |
| Preventing Falls | Meal Planning for Savings and Wellness |
| Maintaining Mobility | Batch Cooking for Wellness |
| Taking Charge of Your Health Care | Food and Mood |

Your Food

You and your care coordinator will choose if you would like:

- Prepared meals and / or fresh groceries
- Pickup or delivery



We deliver in Alameda County **Monday through Friday 10am – 3pm.**
Delivery time is based on location.

To cancel or change your meal service: Please call Sami at (415) 497-2330 or East Bay Client Services at (510) 622-0221 with **24 hours advance notice.**
All meals must be delivered to a person, as we are unable to leave meals unattended.



GROCERY CENTER PICKUP

Clients can pick up one time per week. Clients unable to visit the Grocery Center themselves may designate a surrogate shopper.

Address: 1921 San Pablo Ave, Oakland, 94612

Hours: Monday, Tuesday, Thursday, Friday 10am – 2pm

Note: Closed Wednesdays, Saturday, Sundays & Holidays

FAQs

So, you're in! Now what? Here are some frequently asked questions (FAQs) to help you get started.

We recommend keeping this page handy!

- **When can I pick up my food?** We are open Monday, Tuesday, Thursday, and Friday 10am – 2pm.
- **Where are you located and what floor?** To access our services, please visit us at 1921 San Pablo Ave, Oakland, CA 94612.
- **Delivery times?** Delivery times are based on where you live – more information will be provided when setting up services.
- **Can delivered food be left at my door?** We can't leave meals at your door, so someone will need to be present. We want to make sure all your nutritious meals arrive safely.
- **What if I am unable to pick up my food?** Clients who are unable to visit the Grocery Center may designate a surrogate shopper (someone you can ask to shop for you). Alternatively, we can also set up your groceries to be delivered.
- **What if you need to miss a delivery?** If you need to miss a delivery for any reason, please call Sami at (415) 497-2330 or East Bay Client Services at (510) 622-0221 as early as possible, but no later than 24 hours in advance of a delivery. Leave a voicemail if you aren't able to speak with a staff member at that time.
- **What happens if you miss a delivery and forget to let us know?** It's really important to let us know ahead of time, when possible, but we understand that sometimes things happen. If a delivery is missed with no notice, we will reach out to you to check in.

- **How often can I come to pick up groceries or meals?** Once per week. Missed grocery or meal pick-ups do not carry over to another week.
- **How many weeks of classes and food can I miss and still complete the program?** We would love you to attend every class and receive food every week during the 16-week program. We understand, however, that this isn't always possible, so we will work with you on an individual basis to address any issues.
- **What is Zoom?** Zoom is a computer program used to hold online virtual meetings. You can use Zoom on any phone, a tablet, a laptop or a desktop computer (as long as you have a camera, speakers and a microphone). It uses your computer or phone camera to show live video of all attendees. Zoom uses your computer or phone microphone to let you talk and listen to other meeting participants. If you do not have access to a computer, tablet or smartphone, you can use a phone to dial into a meeting.
- **Do you have any tips for using Zoom?** Yes!
 - Wear headphones with a microphone to reduce background noise and isolate the instructor's voice.
 - Avoid having your back turned to the screen during class.
 - Make sure your devices are charged or plugged in.
- **I have more questions about Zoom and how to use it. What should I do next?** Please contact your Project Age Well team. We will be happy to walk you through setting up and using Zoom step by step!

Client Agreement

Client Name: _____ **ID Number:** _____

1. Thank you for reviewing the Project Open Hand Client Contract. These guidelines help us maintain a respectful and safe environment for clients, staff, volunteers and other visitors. By receiving this, you agree to follow the rules below.
2. I will show consideration toward other clients, staff, and volunteers at Project Open Hand (POH) and during meal delivery. This refers to appropriate noise level, and refraining from disrespectful behavior or language (racist, sexist, homophobic, xenophobic, anti-Semitic, or any other discriminatory speech or actions) or involvement in disruptive situations.
3. I understand I must follow directions given by POH staff. This may include guidance on proper mask-wearing, directions on how to move about the Grocery Center, and more. Our directives are intended to most effectively and efficiently provide you with our services and to ensure the safety and security of our clients, staff, and volunteers.
4. I understand that all pets must be leashed and under my control while in the Grocery Center.
5. If I feel provoked, I will not engage in the conflict but I will ask a staff member to intervene. If I handle the conflict without asking for staff assistance, and the conflict escalates, I understand that I will be considered equally responsible for the conflict.
6. I understand that if I bring a guest to POH, I am responsible for their behavior. This includes surrogates approved to shop for me and dependents under my care.
7. I agree not to misrepresent myself. This includes using another client's name or ID or falsifying documents in any way.

8. I agree not to sell my meals or groceries, as they are for my nutritional support only. I also agree to notify POH to cancel meal deliveries if I move.
9. I understand that alcohol and drugs are not allowed on POH premises, and consuming alcohol or drugs on the premises may result in a ban from the premises.
10. I understand that weapons are not permitted on the premises.
11. I understand I must maintain my personal hygiene at a level that does not jeopardize the health and safety of the environment. I must be fully clothed and wearing shoes while at POH and during meal delivery. I must be fully clothed during meal delivery.
12. If I am asked to leave the premises and refuse to do so, the police will be notified. This may result in a ban from the premises.
13. I will not engage in sexual behavior or remarks while at POH or during meal delivery.
14. It is my responsibility to know and comply with the rules that are posted on the premises.
15. POH is committed to providing a safe and accessible environment for clients, volunteers and staff. Physical violence or threats of violence will not be tolerated and will result in immediate termination of services.
16. I understand my rights as a client and I have a copy of the Grievance Procedures to handle complaints in a proper and respectful way.

I agree to the above terms of this contract.

Client Signature: _____ Date: _____

Staff Signature: _____ Date: _____

Client Concern & Grievance Policies & Procedures Guide

To enhance the partnership between Project Open Hand (POH) and our clients, all concerns, complaints and grievances that are brought to the attention of POH will be resolved quickly and respectfully.

We value your opinions and concerns. Your feedback gives us an opportunity to improve our services to you. You can contact us regarding a complaint without fear of risking your services. The chart below shows examples of concerns, complaints and grievances. It also shows whom you can call to address and resolve issues. After the following table, you will find an explanation of the Grievance Procedure.

| Type of Issue | Example of Issue | Whom to Call | Potential Result |
|----------------------|---|--|---|
| Concern | You missed your delivery because you were asleep, your doorbell was out of order or you were not at home. | Client Services (510) 622-0221 | We will not be able to return on the same day. If this is your first return, we will restart deliveries. If this is your second or third return within the 16-week program, we may need to suspend your deliveries. |
| Complaint | Your meal was not delivered within your delivery window, or you were dissatisfied with the food provided. | Client Services (510) 622-0221 | A case worker or program coordinator will contact you to follow up on resolving your complaint after speaking with the relevant department. |

| | | | |
|------------------|--|--|---|
| Complaint | Your doctor or dietitian says you should have a special diet. You are receiving the wrong food. | Client Services (510) 622-0221 | The Registered Dietitian will work with you and your medical provider to ensure that you get the meal that is best for you. |
| Grievance | You have a conflict with a POH volunteer or staff person and you have been unsuccessful in resolving the conflict. | Wellness Program Manager, East Bay (510) 622-0223 | The Wellness Program Manager will investigate and follow up with you using the process on the following page. |
| Grievance | You have a conflict with a POH volunteer or staff person and you have been unsuccessful in resolving the conflict with the Wellness Program Manager. | Wellness Program Director (415) 447-2415 | The Wellness Program Director will investigate and follow up with you using the process on the following page. |
| Grievance | You feel you have exhausted the concern and complaint process at Project Open Hand. | Alameda County Human Relations Commission (510) 645-9339 | |

Client Concern & Grievance Policies & Procedures Guide

continued

Project Open Hand is committed to providing quality services to all of our clients. However, on occasion, you may feel that you have a grievance or a complaint that was not addressed adequately, or that the decision reached was one you did not agree with. The following procedure was developed to address these situations.

Step 1: Notify the Manager of Wellness Program of the grievance. A written report will be noted in your file within two (2) days and the Manager will attempt to immediately resolve the situation. If further follow-up is necessary, the Manager will notify the Director of the Wellness Program. The Manager of Wellness Program will notify you usually within 7 business days with a resolution. Notification may be by telephone or in writing. If more time is needed to review the grievance, a written letter will be issued to you that a review/resolution will be provided within 30 days.

If the grievance is the result of a suspension or termination of services, the suspension or termination of services will continue until the grievance is resolved and a final decision (Step 2) is reached.

Step 2: If the situation remains unsatisfactory, you are encouraged to submit your grievance in writing to the Director of Wellness Programs. Include a description of the concern and include the steps taken to resolve the situation. You may also request a copy of the initial report submitted. The Director of Wellness Programs will usually contact you within 7 business days of receipt of your grievance to review the matter. You will receive notification of a final decision usually within 7 business days after contact with the Director. Notification may be by telephone or letter.

Note: You have the right to have a representative of your choice act as an advocate at any time during the grievance process. A representative may be a friend, family member or someone in your support system. Should you request further assistance, you may appeal to the Director of Wellness Program or the Vice President of Programs.

If you still feel like your concern is not addressed, residents of Alameda County may contact:

- Alameda County Human Relations Commission (510) 645-9339
 - Alameda County Agency on Aging (510) 577-1900
 - AIDS Legal Referral Panel (415) 701-1200
-

I have read and understood the Client Complaint and Grievance Policies and Procedures, or someone has explained them to me. I have received a copy of this form.

Please retain this document for your records.

Client Signature: _____

Printed Name: _____

Date: _____

Informed consent for group telehealth services

PLEASE READ CAREFULLY BEFORE ATTENDING PROJECT AGE WELL CLASSES.

Project Age Well telehealth groups add some unique situations that are addressed in this form. In order for a group to work well, a safe environment must be created and maintained. The first step towards creating a safe environment is for you to understand and agree to the following guidelines:

Confidentiality

Information shared in group will be treated with the same type of confidence as a one-on-one session by the group facilitator. Information will not be released without your expressed permission. Exceptions to confidentiality are the same as those for individual therapy and are as follows:

1. Disclosure is required by law when there is reasonable suspicion of abuse of children, elderly persons, or dependent adults; or where the client presents a serious danger of violence to another.
NOTE: Reasonable suspicion of child abuse includes knowingly preparing, selling, accessing, streaming, downloading, viewing, and/or distributing material of a minor engaged in an act of obscene sexual conduct, including "sexting."
2. Disclosure is permitted by law allowing protective measures to be taken if I am likely to harm myself.
3. There is a court order issued by a judge to release records.

While the group facilitator has legal and ethical mandates and guidelines to maintain confidentiality, a group member does not. Thus, it is imperative that all group participants commit to keeping identifying details of fellow group members confidential in order for the group to be a safe space for participation and disclosure.

Your group facilitator will use a HIPAA-compliant platform from a secure internet connection to protect the confidentiality of group members. Group members are responsible for the following:

1. If possible, be in a private setting, alone with the door closed.
2. If possible, wear headphones to better protect the privacy of other group

members.

3. If possible, use a secure Wi-Fi/Internet connection rather than public or free Wi-Fi.
4. Should someone enter the room you are in, alert the group immediately, cover your screen and mute your volume. If the disruption is not brief, you may need to exit the group until you are alone again. If you are unable to return to group, please send a secure message to the group facilitator to inform them of the reason you were unable to return to group.
5. Recording of sessions is NOT permitted.

By joining the group, you agree that you are in an environment where others cannot overhear the group's dialogue or see your screen. If the group facilitator notices that nonmembers are visible or audible during the session, they will ask you to secure your environment and/or leave the group until privacy can be attained. The group facilitator reserves the right to remove you from the group, if you do not do so yourself. If you are removed, the group facilitator will check in with you after the session ends.

Benefits and Risks

Group sessions can have many benefits such as providing a space to share your personal experiences, giving and receiving support/constructive feedback, and experimenting with new interpersonal behaviors. While there are benefits to group activities, video platforms pose more risks and challenges than in-person groups, which can impact group member's confidentiality and comfort. Group facilitators' lack of control over group members' environments is an inherent risk of an online group despite attempts to ensure privacy (see Confidentiality section above). If you have concerns about confidentiality, you are encouraged to discuss your concerns with the group facilitator and group members; please voice your concerns before leaving a session so the group can make adjustments. You may choose to leave a particular group session or the group altogether; please communicate your decision to the group facilitator.

Additional challenges to a telehealth format that may create discomfort include technology issues that result in lag time or loss of internet connection and the loss of non-verbal cues and room for misinterpretation by group leaders and group members. Please clarify with group leaders and/or members if you feel misunderstood.

Active Participation/Avoiding Distractions

You are encouraged to freely and openly share your concerns, as well as experiences, feelings and reactions with the group. You will discuss as a group how best to identify that you need time to talk during the group to avoid interrupting others. Please keep in mind the following considerations so you and others can feel your "presence" in group:

1. Connect with both video and audio, unless you make prior arrangements with your group facilitator.
2. Do your best to eliminate distractions and interruptions: silence phone calls, text messages, emails and other notifications; put a "do not disturb" sign on your door, remove pets from the room.
3. Look at the screen/camera to show you are attentive; stay focused on group interactions.
4. Use gallery view so you can see the faces of all participants.
5. Suggestions for being fully present in group (if possible): sit at a desk with your device at face level; use a tablet or computer rather than a cell phone; and/or sit with a light source behind your camera so your face is visible

CONSENT

By participating in Project Age Well classes, I confirm that I have read and understood the information provided above, and agree to abide by the guidelines for participation in group telehealth. I am satisfied that I have had the opportunity to have any questions or concerns addressed by Project Age Well staff.

IF YOU HAVE ANY QUESTIONS, PLEASE DISCUSS THEM WITH YOUR CARE
COORDINATOR

If there are any concerns with Project Age Well that you cannot discuss with the Project Age Well Team, please contact the Director of Wellness Services at (415) 447-2415 or hcalhoun@openhand.org.

Project Age Well

Wellness: Developing Healthy Habits

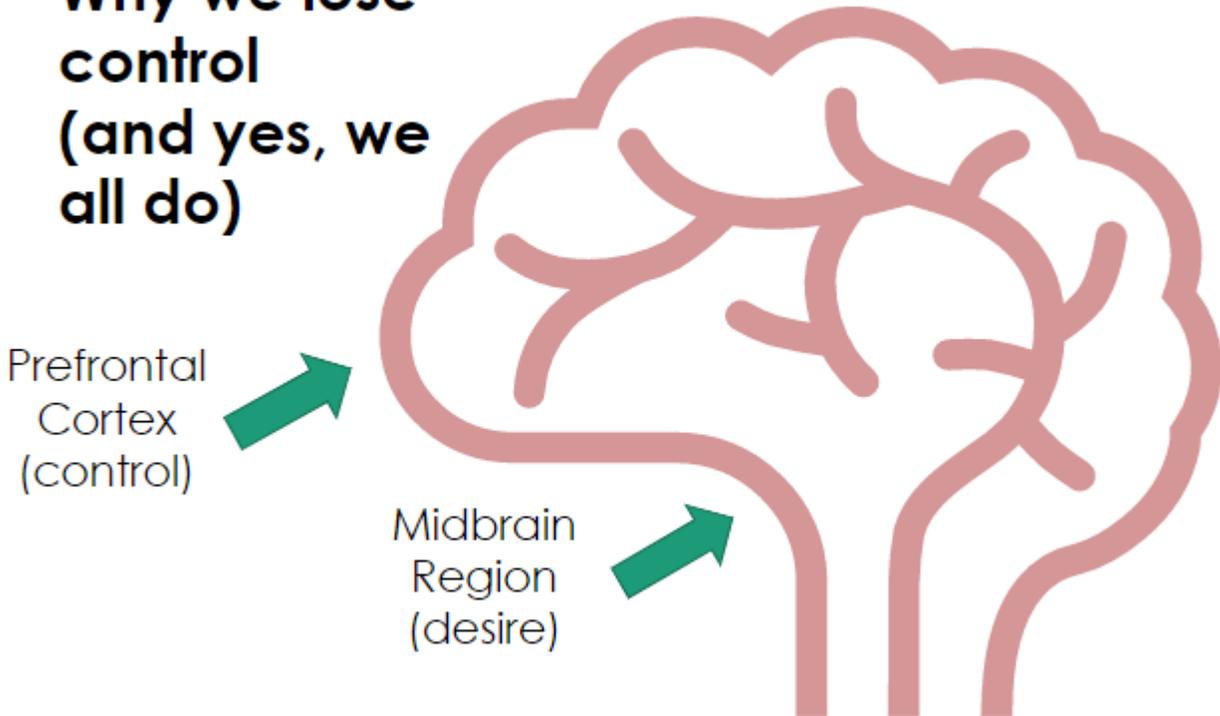


Balancing Control and Desire

Why healthy habits are important: Developing healthy habits can help us feel better and protect us from health problems. Habit change isn't always easy to accomplish though.

Why changing habits is hard: Different parts of the brain are responsible for our sense of control and desire. These parts of our brain are often competing. Developing healthy habits requires us to find balance between control and desire.

Why we lose control (and yes, we all do)



Let's Reflect: How could changing a current habit lead to better health for you?

Project Age Well

Wellness: Developing Healthy Habits



Balancing Control and Desire (continued)

Many factors make it difficult to balance control and desire. Put a check next to those that make it challenging for you to balance control and desire.

| | | |
|---|-----------------------------|---|
|  | Cue exposure | Exposure to things that trigger desire (ex: a favorite food) |
|  | Negative mood | Giving in to temptation to treat emotional pain |
|  | Lapse-activated consumption | Indulging more after slightly getting off track |
|  | Resource depletion | Feeling tired or overly hungry |
|  | Decision fatigue | Fatigue from frequent decision-making and self-regulation |
|  | Mindlessness | Engaging in routine behavior without awareness |
|  | Immediate gratification | Making decisions that will benefit you now but may not be beneficial in the long-term |

Project Age Well

Wellness: Developing Healthy Habits

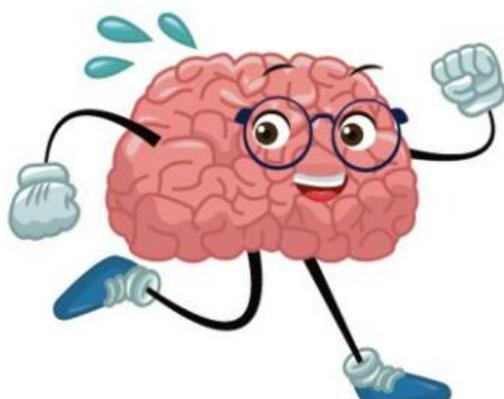


Balancing Control and Desire (continued)

While using our willpower to balance control and desire may be challenging, it can be done! **Our willpower is like a muscle**, it can get weak but it can also get stronger if we practice using it. To practice using your willpower muscle and develop healthy habits, follow the steps below.

The Good News:

Willpower is ***trainable***
and cultivatable.

A cartoon illustration of a pink brain with a face, wearing blue-rimmed glasses, blue boxing gloves, and blue sneakers. The brain is depicted in a running or jumping pose, with sweat droplets above its head, symbolizing physical effort and training.

What it Takes to Develop Healthy Habits

- Pause and plan
- Find your “why”
- Set specific and realistic expectations
- Adjust your environment
- Personalize, adjust, and enjoy
- Anticipate challenges and solutions to those challenges
- Start small
- Measure your progress
- Stay mindful

Project Age Well

Wellness: Developing Healthy Habits



Let's Practice: Pause and Plan to Develop a Healthy Habit!



| One habit I'd like to start, stop, or change |
|--|
| |

| My "why" or motivation for change |
|-----------------------------------|
| |

Project Age Well

Wellness: *Developing Healthy Habits*



| My expectations (be specific and realistic!) |
|--|
| What I will accomplish: |
| When I will accomplish it (days of the week, time of day, after X activity, etc.): |
| Where I will accomplish it: |
| How I will accomplish it: |

| How I will adjust my environment to make this change easier |
|--|
| |

| How I will make this habit more practical and enjoyable |
|--|
| |

Project Age Well

Wellness: Developing Healthy Habits



| Anticipated Challenges | Possible Solutions |
|------------------------|---|
| Ex: emotional eating | Ex: walk, call a friend, healthy snacks |
| | |
| | |
| | |
| | |

| One small thing I will do today to get closer to my goal |
|--|
| |

| How I will measure my progress |
|--------------------------------|
| |

| How I will stay mindful |
|-------------------------|
| |

Project Age Well

Wellness: Developing Healthy Habits



Resources

Changing your Habits for Better Health, National Institute of Diabetes and Digestive and Kidney Diseases

<https://www.niddk.nih.gov/health-information/diet-nutrition/changing-habits-better-health>

Habit Stack your Way to More Movement, Monday Campaigns

<https://www.mondaycampaigns.org/move-it-monday/habit-stack-your-way-to-more-movement>

How to Change Your Behavior and Habits, Positive Psychology

<https://positivepsychology.com/behavior-change-techniques>

The Power of Habit, Charles Duhigg

<https://charlesduhigg.com/the-power-of-habit/>

Don't stop thinking about tomorrow: Individual differences in future self-continuity account for saving, Hal Ersner-Hershfield

[https://static1.squarespace.com/static/5dd05454f1a7771855d537b7/t/5decae005cb2154c11cdefd0/1575923201213/Ersner-Hershfield Garton Ballard Samanez-Larkin Knutson 2009 JDM.pdf](https://static1.squarespace.com/static/5dd05454f1a7771855d537b7/t/5decae005cb2154c11cdefd0/1575923201213/Ersner-Hershfield+Garton+Ballard+Samanez-Larkin+Knutson+2009+JDM.pdf)

Project Age Well

Nutrition: Eating Well 101



Why is eating well important to you? What is your motivation?



Food affects our wellness in many ways.

The **Wellness Wheel** below is one way to think about how many aspects of life contribute to our overall sense of wellness. The decisions we make, our environment and our interactions with others can influence these areas.

Think about it: How do food and nutrition relate to these areas of wellness?



Intellectual Wellness
The ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment.



Financial Wellness
The ability to identify your relationship with money and skills in managing resources. An intricate balance of the mental, spiritual, and physical aspects of money.



Emotional Wellness
The ability to understand ourselves and cope with the challenges life can bring.



Spiritual Wellness
The ability to establish peace and harmony in our lives.



Occupational Wellness
The ability to get personal fulfillment from our jobs or chosen career fields while still maintaining balance in our lives.



Physical Wellness
The ability to maintain a healthy quality of life without undue fatigue or physical stress.



Environmental Wellness
The ability to recognize our own responsibility for the quality of the environment that surrounds us.



Social Wellness
The ability to relate to and connect with other people in our world.

Example: The foods we eat can benefit or disrupt our mood and even our ability to think. And our mood can impact the types of foods and how we eat!

Project Age Well

Nutrition: Eating Well 101



Five Ingredients for Eating Well

1. Eat **real food**, as much as possible. Real food looks similar to how it would look in nature.

How can I tell if a food is highly processed?

- Look at the ingredients list on packaged foods – Can you recognize them? Are there more than 5 or 6?
- Does it seem like sugar, fat, salt or artificial colors were added?
- Does it look very different from how you would see food in nature?



2. Build a **balanced plate** of real foods!

THE EATWELL PLATE
A guide to the right balance of the five main food groups

- Fruit & Veg
- Carbs & Starches
- Dairy
- Protein
- Sugars & Fats

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salads, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.

STAY ACTIVE!

Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Choose MyPlate.gov

Group Discussion:

- What do these food guides have in common?
- Would you change anything?

Mi Plato Saludable

American Diabetes Association
Be so familiar!

Project Age Well

Nutrition: Eating Well 101



A Balanced Plate is all about proportions!

The Balanced Plate is a visual tool to help us think about how much of certain foods will ensure we get the nutrients we need. But a balanced plate can look different – it can even be on several plates or in a bowl!

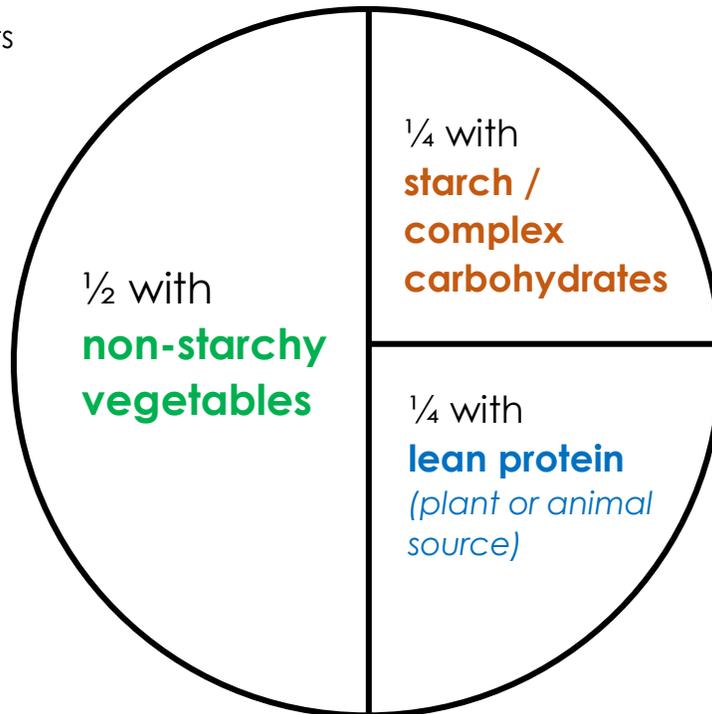
Circle or check foods from the examples below that you could include on your Balanced Plate.

Examples:

- Asparagus
- Beets
- Brussels sprouts
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Chayote
- Daikon
- Eggplant
- Greens
- Mushrooms
- Onion
- Peppers
- Spaghetti squash
- Summer squash
- Tomato
- Turnips
- Zucchini

Examples:

- Beans (*black, kidney, garbanzo*)
- Corn
- Peas
- Potato
- Sweet potato/yam
- Taro
- Whole grains
 - Barley
 - Brown rice
 - Oats
- Tortillas
- Whole grain bread or pasta



Examples:

Plant sources

- Beans
- Edamame
- Lentils
- Nuts, nut butters
- Tempeh
- Tofu

Animal sources

- Chicken, turkey
- Eggs
- Fish
- Lean beef, pork

Project Age Well

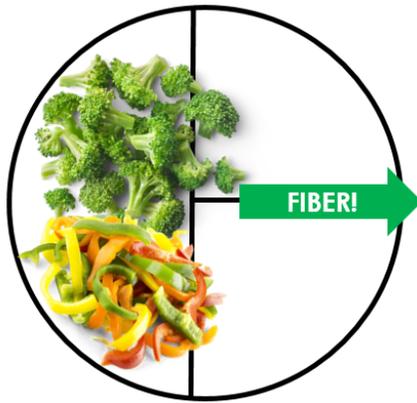
Nutrition: Eating Well 101



Zoom In: Non-starchy vegetables

Non-starchy vegetables contain:

- Water that hydrates your body,
- Vitamins and minerals that each complete unique, essential functions,
- Fiber!



Reduces LDL (*unhealthy*) cholesterol and thus risk of heart disease



Promotes bowel function and overall gut health



Helps prevent blood sugar spikes and food with fiber generally contain less sugar



Helps us feel fuller, longer. May contribute to weight management.

Zoom In: Starchy complex carbohydrates, including starchy vegetables

Starchy complex carbohydrate foods contain

- Natural sugars that provide energy for our brains and body to function,
- Fiber that takes longer for the body to process and can help control blood sugar. See examples on page 4.



Primary fuel for the brain



Key source of energy for everyday tasks

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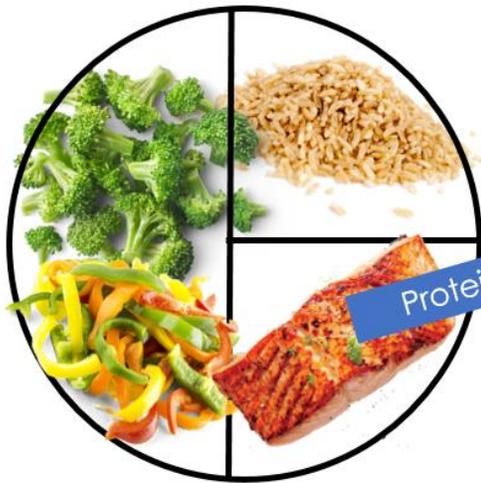
Nutrition: Eating Well 101



Zoom In: Lean protein

Protein helps grow and maintain muscles and other body tissues.

A “lean” protein food is lower in total fat, especially saturated fat which can raise our LDL cholesterol and increase risk for heart disease. Lean protein can come from both plant foods (ex: lentils, tofu nuts) and animal foods. See examples on page 4.



Helps grow/rebuild muscles, blood, connective tissue, antibodies and more!



Certain sources can support weight management

Zoom In: Healthy Fats and Water

Healthy fats, or unsaturated fats, are plentiful in nuts, seeds, avocado, vegetable oils, and fish. These fats:

- Provide critical nutrients for brain and heart health,
- Aid in absorbing and producing certain vitamins.



Water:

- Helps regulate our body temperature
- Can aid in sleep, thinking and improved mood!



Eating for Wellness: What sections of the plate could you focus on to bring more balance to your meals?

- Non-starchy vegetables
- Complex carbohydrates
- Lean proteins
- Healthy fats
- Water / hydration

Project Age Well

Nutrition: Eating Well 101



Five Ingredients for Eating Well (continued)

3. Choose a variety of foods within each food group.

Variety means that we eat several types of food from each food category. Variety ensures we get the range of nutrients we need. **Fill out the table** below to brainstorm how you could add variety to your meals.

| Food Category | What I eat regularly... | How could I add variety? |
|---|-------------------------|--------------------------|
| Non-starchy vegetables | | |
| Complex carbohydrates or starchy vegetables | | |
| Lean protein | | |
| Fruit | | |

4. Individualize to meet your health needs, preferences and traditions.

What are some favorite foods or meals?

If you have a health condition, how do you adjust your intake to meet your needs?

Project Age Well

Nutrition: Eating Well 101



Five Ingredients for Eating Well (continued)

5. Find your flavor!

Our senses impact what we eat. Introduce flavors that do not rely on a lot of salt or sugar, for nutrition AND enjoyment!

If you prefer **salty** foods...

Try these flavor adjustments!



Add lemon, lime or vinegar to the dish: This provides flavor and has shown to reduce the need for added salt.



Roast or lightly cook vegetables: This concentrates and/or releases natural flavors.

Dilute broths with water, then...



Add savory spices: garlic, onion powder, smoked paprika, 21 Seasoning Salute, fenugreek or nutritional yeast are strong flavors that approximate "salty".



Mix in unsalted versions to snacks: This is a step to gradual reduction in salt intake. (ex, ½ unsalted nuts, pretzels, popcorn)

If you prefer **sweet** foods...

Try these flavor adjustments!



Add fruit slices and squeezed juice to water: This provides flavor without the added sugar.



Add fruit or fruit compote: This brings natural sweetness and fiber to cereals, whole wheat toast, and snacks.



Add root vegetables: Sweet potatoes, beets, parsnips and carrots are naturally sweet with the benefit of fiber and vitamins



Add certain spices: cinnamon, cardamom, fennel seed

Add fruit to salads or salad dressings!

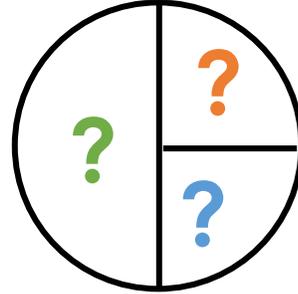
Project Age Well

Nutrition: Eating Well 101



Wellness Activity: Build Your Balanced Plate

1. Choose one meal per day this week to build using the Balanced Plate concept.



2. Plan to make it happen!

| My expectations (be specific and realistic!) |
|---|
| What I will accomplish: |
| When I will accomplish it: |
| Where I will accomplish it: |
| How I will accomplish it: |

| How I will adjust my environment to make this change easier |
|--|
| |

Project Age Well

Nutrition: Eating Well 101



| How I will make this change more practical and enjoyable |
|--|
| |

| Anticipated Challenges | Possible Solutions |
|------------------------|--------------------------------------|
| Ex: Not enough time | Ex: Make some ingredients in advance |
| | |
| | |
| | |
| | |

| One small thing I will do today to get closer to my goal |
|--|
| |

| How I will measure my progress |
|--------------------------------|
| |

| How I will stay mindful |
|-------------------------|
| |

“Eat food. Not too much. Mostly plants.” - Michael Pollan

Project Age Well

Nutrition: Eating Well 101



Resources

The Healthy Eating Plate – A guide for a balanced, nutrient-rich plate from the Harvard School of Public Health

<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

The Harvard Nutrition Source – An evidence-based resource for a variety of nutrition topics <https://www.hsph.harvard.edu/nutritionsource/>

The **American Diabetes Association** offers a list of options for each section of your plate: <https://www.diabetes.org/healthy-living/recipes-nutrition/eating-well>

You can visit sites such as the **Diabetes Food Hub** for ideas to build a Balanced Plate: <https://www.diabetesfoodhub.org/articles/create-your-plate-simplify-meal-planning-with-the-plate-method.html>

Myplate.gov has a recipe finder that includes filters for type of cuisine, specific nutrients of interest (e.g., reduced sodium) and meal:

<https://www.myplate.gov/myplate-kitchen/recipes>

National Kidney Foundation recipes are searchable by stage of CKD, dietary preferences (ex., dairy-free, vegetarian) and meal type:

<https://www.kidney.org/recipes-search>

Project Age Well

Nutrition: Eating Well 101



Project Open Hand Wellness Meals: A Balanced Plate

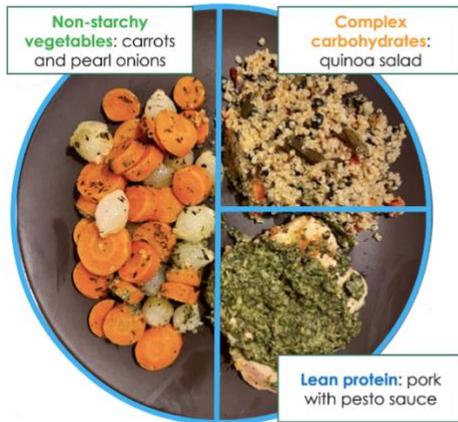
Step 1: Look at the daily needs and nutrition guidance for heart health and diabetes management.



- American Diabetes Association and Dietary Interventions to Stop Hypertension (DASH) guidance
- Sodium – no more than 2,300mg per day – aim for 1,500mg!
- All grains foods are whole grain foods.
- Focus on lean meat, fish or plant-based protein to lower saturated fat
- Dietitian consulted for specific medical needs



Step 2: Create a Balanced Plate that meets about 1/3 of our daily needs.

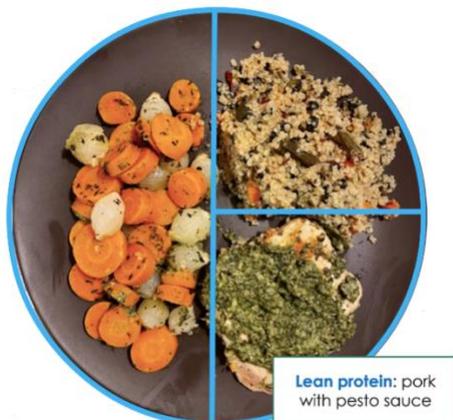


An average **Wellness meal** contains 1/3 of our daily needs:

| | Content |
|-------------------|-------------|
| Energy (calories) | 500-550 |
| Carbohydrates | 55-60 grams |
| Fiber | 14 grams |
| Protein | 25-30 grams |
| Total Fat | 21-31 grams |
| Saturated Fat | 4-5 grams |
| Sodium | 400-700 |

↪ 1/3 of daily recommendation for women!

Step 3: Quality check (protein example)



Lean proteins include

- ✓ Chicken breast meat, no skin
- ✓ Lean cuts of beef, pork
- ✓ Turkey, no skin
- ✓ <10% fat on ground meats
- ✓ Fish
- ✓ All plant-based proteins

Avoid

- X Beef: chorizo, sausage
- X Pork: chorizo, sausage, kielbasa, pepperoni
- X Skin of poultry
- X >10% fat on ground meats

Project Age Well

Wellness: Social Connection



Social Wellness

Social wellness refers to our ability to relate to and connect with other people in our world. Fostering positive social habits and relationships can help us build support systems and maintain other aspects of our health.



Did you know?

Unfortunately, loneliness and social isolation are common among older adults and, over time, can lead to various health concerns.

43% of seniors feel **lonely** on a regular basis.

There is a 45% increased risk of **mortality** in seniors who report feeling lonely.

Social isolation is more dangerous than obesity **AND** as damaging to your health as smoking **15 cigarettes a day.**



Consider:

How do you think loneliness could affect your personal health and wellness?

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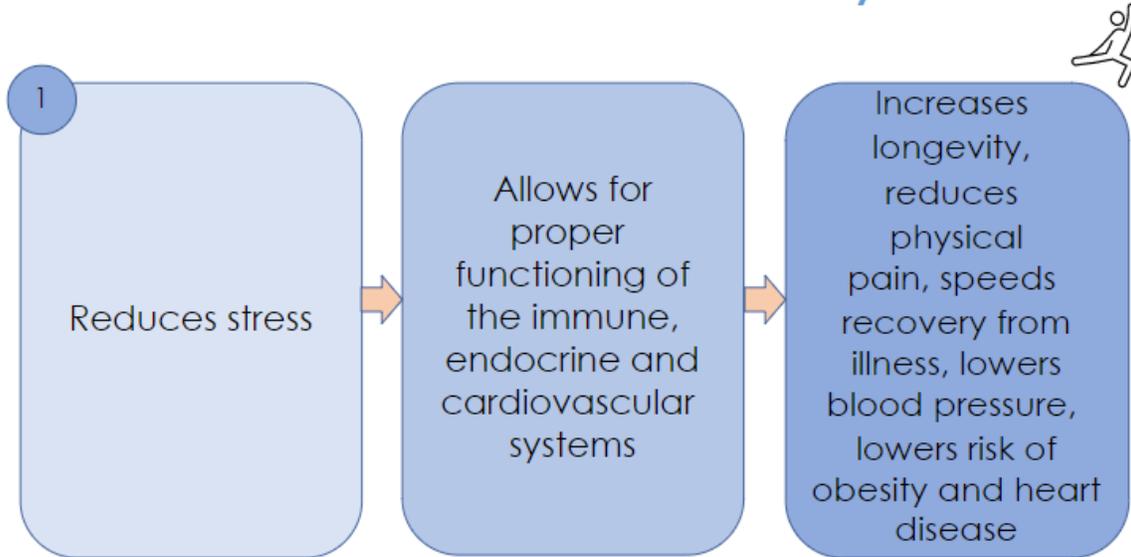
Wellness: Social Connection



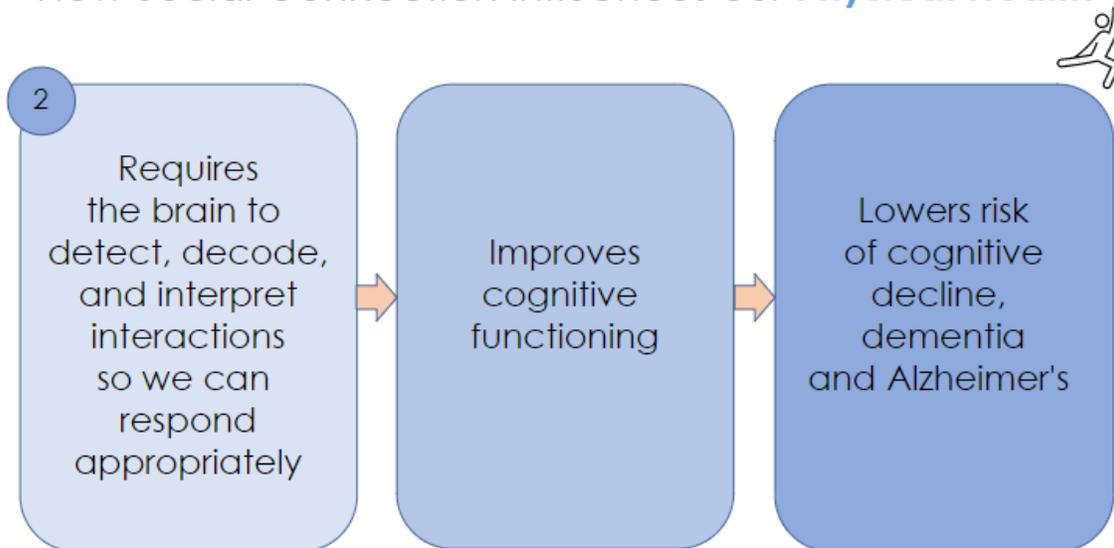
Social Connection and our Health

Social connection can influence all aspects of our health, from our physical health, to our mental health and our health-related habits.

How Social Connection Influences our Physical Health



How Social Connection Influences our Physical Health



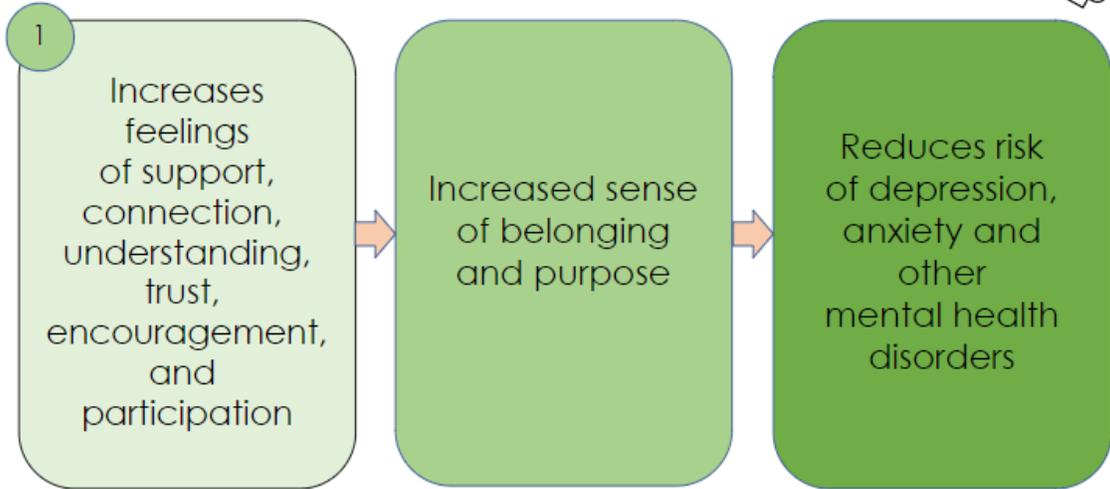
How does social connection influence your physical health?

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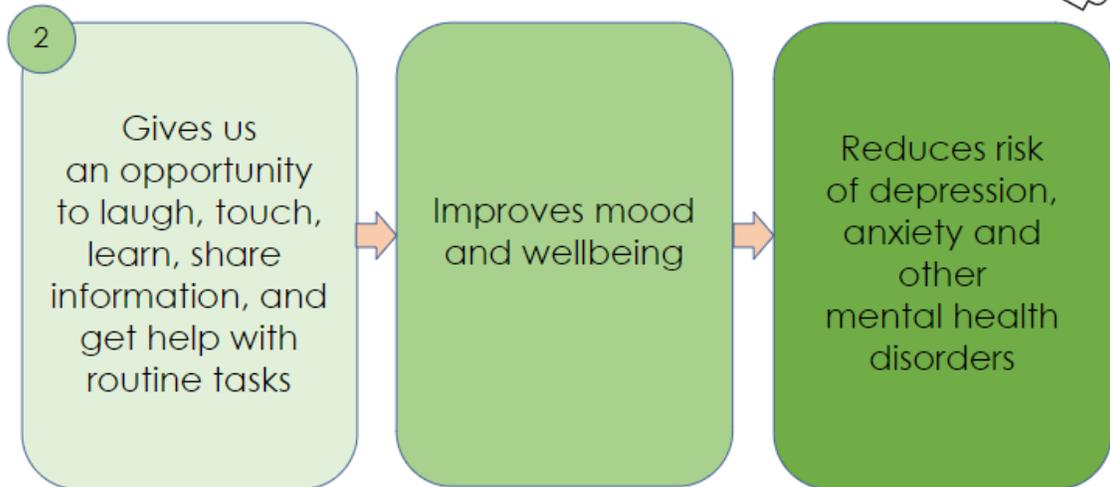
Wellness: Social Connection



How Social Connection Influences our **Mental Health**



How Social Connection Influences our **Mental Health**



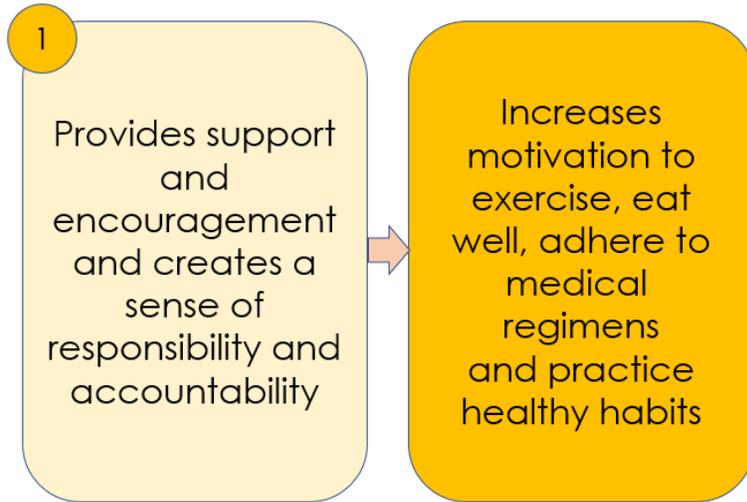
How does social connection influence your mental health?

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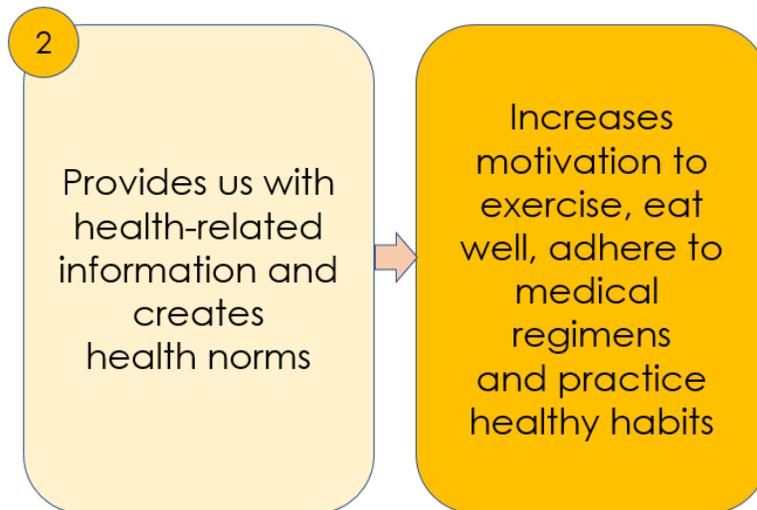
Wellness: Social Connection



How Social Connection Influences our **Health Behaviors**



How Social Connection Influences our **Health Behaviors**



How does social connection influence your health behaviors?

Project Age Well

Wellness: Social Connection



Quality and Quantity of Social Connection

When it comes to social connection, both quality and quantity are important. The type *and* amount of connection that we each need can vary, so it is important to determine what is right for you.

What do you look for most in a quality connection? Circle below.

| | | |
|----------------|---------------|-------------------|
| Trust | Patience | Conversation |
| Loyalty | Understanding | Active |
| Honesty | Encouraging | Emotional support |
| Respectfulness | Helpfulness | Other: _____ |
| Dependability | Fun | Other: _____ |
| Communication | Intellect | Other: _____ |

Finding and Maintaining Quality Connection

We are not able to control those that we connect with, but we can control how we act and respond while we connect. See the strategies below that can help you to find and maintain quality connection.

1. Practice good communication skills

- ✓ Listen actively and avoid interrupting
- ✓ Show open, positive body language and read the body language of others
- ✓ Speak clearly, concisely and confidently
- ✓ Be personable and show empathy
- ✓ Ask open-ended questions
- ✓ Paraphrase what others say
- ✓ Brainstorm conversation topics in advance

Project Age Well

Wellness: Social Connection



2. Set boundaries.

Personal boundaries are the guidelines, rules or limits that we set for ourselves to help ensure that we are both comfortable opening up to others and also saying “no” when necessary. Our boundaries can be physical, intellectual, emotional, sexual, material and time-related.

Read the examples of rigid, healthy and porous boundaries below. Mark an “X” on each line in the spot that best reflects your current boundaries. Note: your “X” can be in between two types!

Rigid Boundaries

Healthy Boundaries

Porous Boundaries

| | | | |
|---|---|---|--|
| 1 | Avoids intimacy and has few close relationships | Values own opinions | Overinvolved with others' problem |
| 2 | May seem detached, even with romantic partners | Does not compromise values for others | Accepts abuse or disrespect; dependent on opinions of others |
| 3 | Keeps others at a distance to avoid rejection | Accepting when others say “no” to them | Fears rejection if they do not comply with others |
| 4 | Very protective of personal information | Shares appropriate amounts of personal info | Overshares personal information |
| 5 | Unlikely to ask for help | Knows personal wants and needs and can communicate them | Difficulty saying “no” |

How can you work towards setting healthier boundaries?

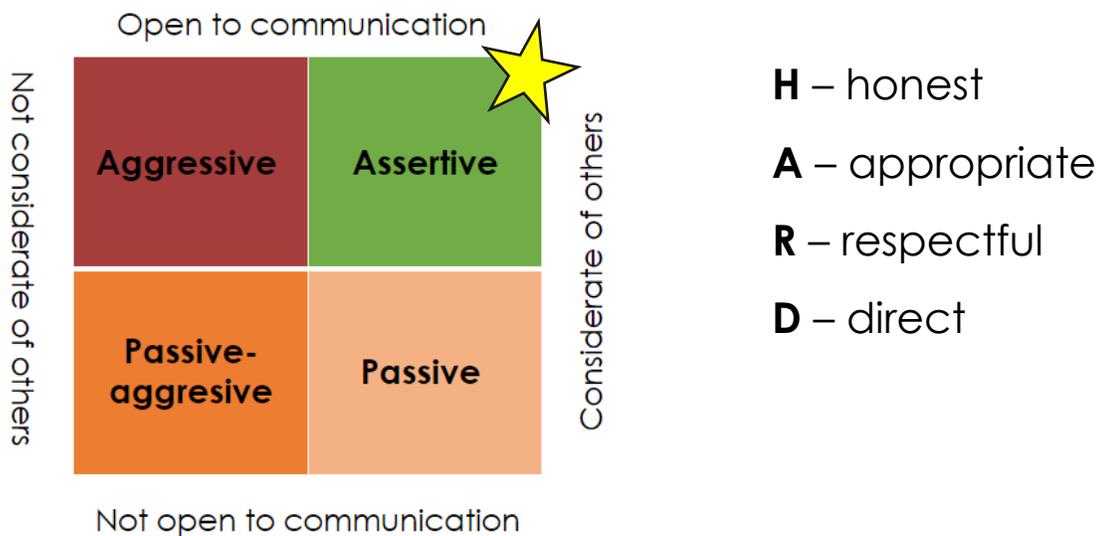
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Wellness: Social Connection



3. Manage conflict: Conflict can make social connection frustrating and stressful. Fortunately, there are steps we can take to resolve conflict and even promote relationship growth.

- ✓ **Be mindful of your thoughts and emotions**, as the words we speak are often a result of our thoughts and emotions. Unhealthy communication often starts with negative thoughts or difficult emotions so when communicating with others, aim to speak objectively.
- ✓ **Stay in the present moment and avoid these thinking traps:**
 - *Catastrophizing*: “They didn’t respond to my invitation because nobody likes me.”
 - *Black and white thinking*: “If they don’t accept this invitation, I won’t invite them again.”
 - *Emotional reasoning*: “I’m feeling upset that no one accepted my invitation so I won’t invite anyone else now either”.
- ✓ **Use assertive communication**
 - Assertiveness is the ability to express our thoughts, feelings, and opinions the **H.A.R.D.** way:



Project Age Well

Wellness: Social Connection



Quality and Quantity of Social Connection (continued)

Finding and Maintaining the Right Type of Connection

The type of activities and connections we can and want to participate in is unique to each of us.

What types of social connection do you enjoy?

See the other ways that you can connect below and circle those that you'd like to explore:

- Find your community
- Explore a hobby
- Get to know your neighbors
- Take a class
- Attend spiritual services
- Share a meal
- Play games together
- Volunteer
- Exercise together
- Visit public spaces
- Embrace technology

Activity: Invest in your social wellness by making a new connection or nurturing an existing relationship

| One small thing I will do today to get closer to my goal |
|--|
| |

Project Age Well

Wellness: Social Connection



Resources

Institute on Aging's 24-hour toll-free Friendship Line – a crisis intervention hotline and a warm line for non-emergency emotional support calls.

800-971-0016; <https://www.ioaging.org/services/friendship-line>

Covia - Virtual community that offers phone and online activities that build community through group conversations, games, and education.

<https://covia.org/programs/well-connected/>

VolunteerMatch.com - Website that helps navigate local online and in-person volunteer opportunities, including those at Project Open Hand!

<https://www.volunteermatch.org/>

Meetup.com - Website that provides online or in-person groups and events, filterable by interest and location.

<https://www.meetup.com>

Eventbrite.com - Website that provides online or in-person groups and events, filterable by interest and location.

<https://www.eventbrite.com>

Video: How to Prevent Quarrels and Communicate Better with your Peers -

<https://positivepsychology.com/communication-in-relationships/>

Assumptions vs. Reality: The Effect of Isolation on the Older Adults in Our Lives -

<https://connect2affect.org/assumptions-vs-reality/>

Project Age Well

Nutrition: Variety of Fruit and Vegetables



Did you know? Five servings of vegetables and four servings of fruit each day are recommended to support our health!



WHAT'S A SERVING?

| | |
|--|---|
| <p>FRUITS 4 servings per day</p> <p>ONE MEDIUM FRUIT</p> <p> = About the size of your fist</p> <p>FRESH, FROZEN OR CANNED</p> <p> = 1/2 CUP</p> <p>DRIED</p> <p> = 1/4 CUP</p> | <p>VEGETABLES 5 servings per day</p> <p>RAW LEAFY VEGETABLE</p> <p> = 1 CUP</p> <p>FRESH, FROZEN OR CANNED</p> <p> = 1/2 CUP</p> <p>VEGETABLE JUICE</p> <p> = 1/2 CUP</p> |
|--|---|

Based on the serving sizes to the left, how many servings do you eat each day?

Vegetables: _____

Fruit: _____

Are you interested in increasing the number of servings you eat?

Yes No Not sure

Zoom In: Non-Starchy Vegetables – 1/2 of a Balanced Plate!

Starch is a carbohydrate that provides energy. Non-starchy vegetables contain a low amount of starch per serving. These vegetables are full of fiber, water, vitamins, minerals, and antioxidants.



What are some **non-starchy vegetables** you like or would like to try?

Circle a few below or list your own.

- artichoke · asparagus · bell peppers · beets ·
- broccoli · Bok choy · Brussel sprouts ·
- cabbage · carrots · cauliflower · chayote ·
- collard greens · daikon · green or pole beans
- eggplant · jicama · kale · mushrooms ·
- nopales · okra · onion · parsley · radishes ·
- salad greens · spinach · Swiss chard ·
- yellow squash · tomato · turnips · zucchini ·

other: _____ other: _____



Project Age Well

Nutrition: Variety of Fruit and Vegetables



Why are fruit and vegetables superstars for eating well?

1) They add flavor, texture and color to feed our senses!

What fruit and vegetables could you add to these basic dishes to give them life?



Green salad:

- + _____
- + _____
- + _____



Whole grain pasta:

- + _____
- + _____
- + _____

2) They contain dietary fiber, important for gut and overall health:



Helps prevent blood sugar spikes; food high in fiber usually contains less sugar.



May reduce LDL (unhealthy) cholesterol and thus risk of heart disease.



Promotes bowel function and overall gut health.

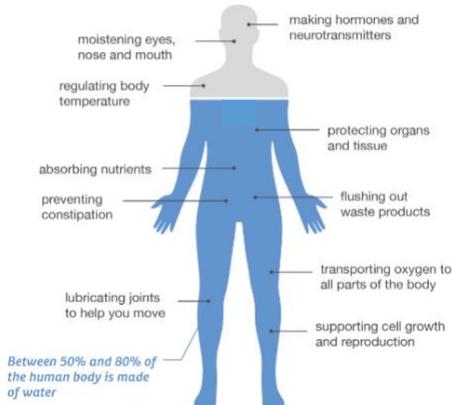


Helps us feel fuller longer; may contribute to weight management.

3) Fruit and vegetables increase hydration. Food can contribute up to 30% to our fluid intake!

Water and your health

Drinking plenty of water every day is important for good health. Your body relies on water for many functions, such as:



Project Age Well

Nutrition: Variety of Fruit and Vegetables



4) Fruit and vegetables contain vitamins, minerals, and antioxidants.

Vitamins and minerals perform many unique functions essential to our body systems. Some vitamins are antioxidants. Antioxidants are substances in foods that prevent or delay damage to our cells. They act like scavengers that find and clean out potentially harmful compounds in the body. Antioxidants are also the pigments that give plants **color!**



Contain a powerful antioxidant called *lycopene*. It **reduces prostate cancer risk** and supports **heart health**.



Beta-carotene - Your body converts beta-carotene into vitamin A, which is important for good **eye health**, **immune system**, **skin health**, and **bone health**. Also have vitamin C and flavonoids, which have antioxidant properties and can help to **reduce inflammation**.



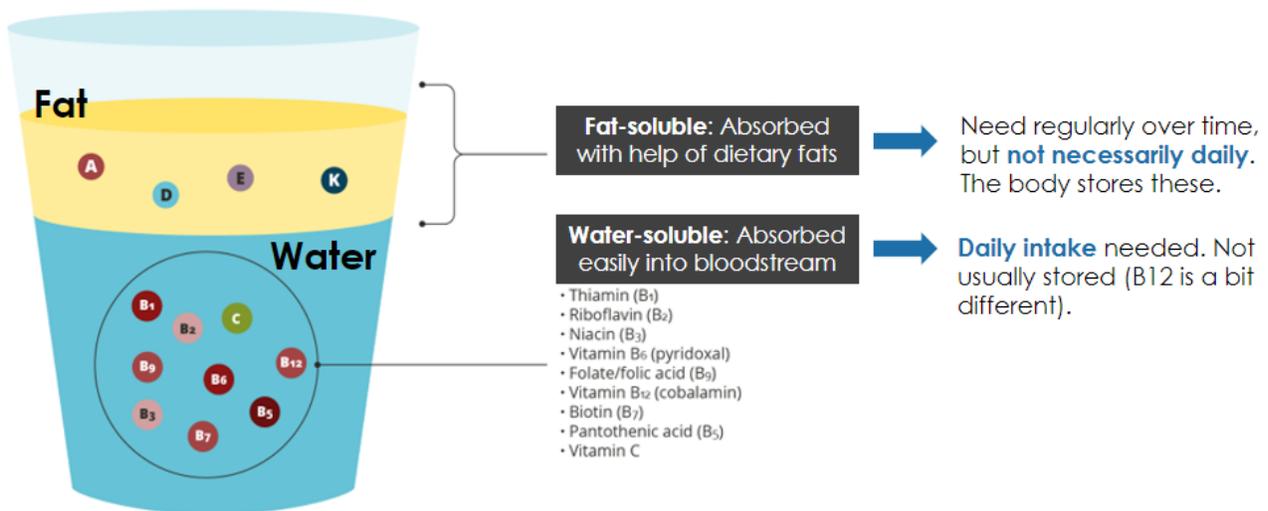
Many are excellent sources of folate and vitamins A, C, and K. Because of their high content of antioxidants, green leafy vegetables may be one of the best **cancer-preventing** foods.



Anthocyanins - compounds that help support **heart health** and healthy blood pressure. They may also help lower risk of **cancer** by destroying free radicals.

How can I get the most out of my fruit and vegetable intake?

1) Get to know the two types of vitamins.



Project Age Well

Nutrition: Variety of Fruit and Vegetables



2) Eat a variety of foods to help the body absorb nutrients.

For example, fat-soluble vitamins are more easily absorbed when consumed with healthy fats!

Water-soluble vitamins: Absorbed easily into bloodstream

Fat-soluble vitamins: Absorbed with help of dietary fats

Some plant sources of fat-soluble vitamins include:

- A:** red bell peppers, carrots, spinach, sweet potatoes
- E:** asparagus, collard greens, kiwi, mango, pumpkin
- K:** Bok choy, broccoli, cooking greens, okra

3) Add color for increased antioxidants and variety of vitamins.

Trivia: From the selection below, which are the most eaten vegetables in the United States?



Answer: tomatoes and potatoes. Much of this comes from pizza and tomato sauces, and French fries!

Project Age Well

Nutrition: Variety of Fruit and Vegetables



Here are some example vegetables for different colors of the rainbow. Are there any that you could add to your daily meals?

| Red, Orange, & Yellow | Dark Green | Blue & Purple | White |
|--|--|--|--|
| <ul style="list-style-type: none"> Acorn squash Beets Butternut squash Carrots Hubbard squash pumpkin red peppers Rutabagas Sweet potatoes Tomatoes Tomato juice Yellow beets Yellow peppers Yellow summer squash Yellow tomatoes | <ul style="list-style-type: none"> Bok choy Broccoli Collard greens Dark green leafy lettuce Kale Mesclun Mustard greens Romaine lettuce Spinach Turnip greens Watercress | <ul style="list-style-type: none"> Purple asparagus Purple cabbage Purple carrots Eggplant Purple Belgian Endive Purple peppers Potatoes (purple fleshed) | <ul style="list-style-type: none"> Cauliflower Garlic Ginger Jicama Kohlrabi Mushroom Onion Parsnip Potato Shallot Turnip Corn |

4) Boost your intake of nutrients that are more common for deficiency!

Some vitamins and minerals are less present in a standard American eating pattern. Eating a variety of fruit and vegetables can help boost intake of these nutrients. Here are two examples:

Calcium

We are taught that calcium comes from dairy foods. This is true, but plants can also provide a good amount of calcium!

forms and keeps strong bones and teeth

helps our nerves carry messages between the brain and the body

helps our muscles contract

supports normal blood circulation

helps our bodies release hormones

Which of these calcium-rich foods could you include in your daily meals?



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Nutrition: Variety of Fruit and Vegetables



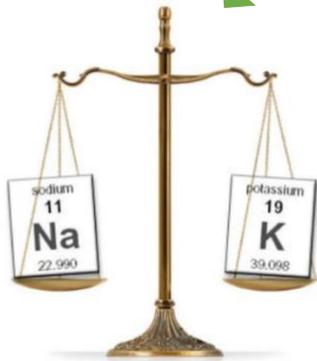
Potassium

We often hear about limiting sodium to control blood pressure. Potassium in plant foods can help improve blood pressure, too!



Sodium

Limit sodium intake to
Less than 2,300mg
Ideally: <1,500mg



Potassium

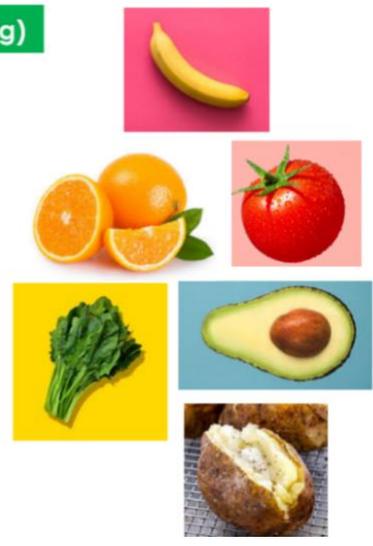
For most, 51+ years
Men: 3,400mg
Women: 2,600mg

Most people need more potassium!

Note: If you have decreased kidney function, your potassium intake needs may be lower. Check with your provider to learn more.

Which of these potassium-rich foods could you include in your meals?

| Food | Serving | Potassium (mg) |
|-----------------------|------------------------|----------------|
| Banana | 1 medium | 422 |
| Potato, baked w/ skin | 1 medium | 926 |
| Orange | 1 medium | 327 |
| Tomato | 1 medium | 237 |
| Raisins | ½ cup | 598 |
| Spinach, cooked | ½ cup | 420 |
| Swiss Chard, cooked | ½ cup | 480 |
| Avocado | half an avocado (100g) | 487 |
| Lentils, cooked | ½ cup | 365 |
| Milk | 1 cup | 281 |



Project Age Well

Nutrition: Variety of Fruit and Vegetables



Group Brainstorm: Shake Up the Plate!

How can we increase the amount and variety of fruit and vegetables in these meals? **List and share your ideas below.**









Project Age Well

Nutrition: Variety of Fruit and Vegetables



Wellness Activity: Vegetables in Your Day!

Five servings of vegetables are recommended each day to support our health.



WHAT'S A SERVING?

| FRUITS | VEGETABLES |
|---|---|
| 4 servings per day | 5 servings per day |
| ONE MEDIUM FRUIT | RAW LEAFY VEGETABLE |
|  = About the size of your fist |  = 1 CUP |
| FRESH, FROZEN OR CANNED | FRESH, FROZEN OR CANNED |
|  = 1/2 CUP |  = 1/2 CUP |

Make a plan to increase the amount or variety of vegetables in your day.

- 1) How many **servings** of vegetables do you eat on a usual day? _____
- 2) **Goal:** How many servings would you like to eat per day? _____
- 3) How many **types** of vegetables do you eat on a usual day? _____
- 4) Would you like to increase the variety of vegetables you eat? Yes / No

| One small thing I will do today to get closer to my goal |
|--|
| |

| How I will measure my progress |
|--------------------------------|
| |

Project Age Well

Nutrition: Variety of Fruit and Vegetables



Resources

Add Color: How to Eat More Fruit and Vegetables (American Heart Association) <https://www.heart.org/en/healthy-living/healthy-eating/add-color>

Antioxidants: In Depth (National Center for Complimentary and Integrative Care) <https://www.nccih.nih.gov/health/antioxidants-in-depth>

Fact Sheets for Vitamins, Minerals and More (Office of Dietary Supplements, National Institutes of Health) – View the amount recommended, food sources and evidence <https://ods.od.nih.gov/factsheets/list-all/>

Eatfresh.org: Find a Recipe – Use the search tool to find recipes that use any fruit and vegetables that you have on hand <https://eatfresh.org/find-a-recipe>

Project Age Well

Kitchen Inspiration



Switch-It-Up Vegetable Stir-Fry

Think about this stir-fry as flexible combination of vegetables, lean protein and whole grain. Check out your Project Open Hand grocery bag for some of these ingredients.

Ingredients

| | |
|----------|---|
| ½ medium | onion, sliced |
| 2 | green onions, sliced (<i>optional</i>) |
| 4-5 cups | vegetables of choice, chopped (ex, broccoli, carrots, Bok choy, cabbage, bell pepper, eggplant, zucchini) |

Stir Fry Sauce:

| | |
|-----------------|---|
| 1 Tablespoon | garlic, minced* |
| 1 Tablespoon | ginger, minced* |
| 1 Tablespoon | rice wine vinegar |
| 2-3 Tablespoons | low-sodium soy sauce** |
| ½ | orange, juiced (or 2 teaspoons maple syrup) |
| 1 teaspoon | sesame oil |

Lean protein Ex, firm tofu, edamame (thawed), eggs (2-3), chicken breast, pork tenderloin, fish filet

Whole grain Ex, brown rice, barley, quinoa

*1 Tablespoon fresh garlic or ginger = ~1/4 teaspoon dried, ground

Instructions for version with tofu and brown rice:

1. Make stir fry sauce by mixing garlic, ginger, low-sodium soy sauce, orange/maple syrup, rice wine vinegar and sesame oil in a bowl. Place cubes of tofu in sauce and toss to coat. Leave to sit for 15-20 minutes, then remove and save sauce.
2. Heat a medium sauté pan over medium-high heat. When hot, add 1 Tablespoon of vegetable oil and swirl to coat the pan.
3. Add aromatics (onion, green onion and garlic). Sauté until they release their aroma! They should sizzle when added to the pan.



Project Age Well



Kitchen Inspiration

4. Add vegetables and cook for about 8 minutes until tender but not too soft. Start with harder veggies (ex, broccoli, carrots) then add softer vegetables (ex, mushrooms, squash, leafy greens). Add a splash of water if you feel your pan is too dry.
5. Add stir fry sauce and stir to coat veggies. Move vegetables to outer edges of pan.
6. Add tofu cubes to center of pan and allow to cook for 2-3 minutes on each side.
7. Toss everything together and taste. Remove from heat and add chopped herbs (ex, basil, cilantro), sesame seeds, chili flakes or lime juice, if desired.
8. Serve warm on top of ½ cup of whole grain such as brown rice, quinoa or barley, or cauliflower rice, or by itself!



How to Prepare Firm Tofu

| | | | |
|---|---|--|---|
| <p>1. Open container, drain and slice. Wrap in a clean dish towel.</p> | <p>2. Press with a pan or other weighted object for 15 minutes.</p> | <p>3. Unwrap and notice the change in texture.</p> | <p>4. Add to marinade or use, as desired.</p> |
|  |  |  |  |



KEEP IT FRESH

Stretch your produce and dollars by knowing how to store fresh fruits and vegetables. The **American Heart Association** recommends 2 cups of fruit and 2.5 cups of vegetables per day.

Generally:

Fridge temperature should be at 40° F or below. Always refrigerate cut or peeled produce. Store vegetables and fruits separately. Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce, as they can affect how quickly other items ripen and rot.

Pantry

Pack away in a cool, dark place like your pantry or cellar:

GARLIC, ONIONS & SHALLOTS

HARD SQUASH

(Winter, Acorn, Spaghetti, Butternut)

**SWEET POTATOES,
POTATOES, & YAMS**

WATERMELON

Countertop

Store loose and away from sunlight, heat and moisture:

BANANAS

CITRUS FRUIT

Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.

STONE FRUIT

Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.

TOMATOES

Refrigerator

Store in plastic bags with holes in your produce drawer, unless noted:

APPLES & PEARS

BEETS & TURNIPS

Remove greens and keep loose in the crisper drawer.

BERRIES, CHERRIES & GRAPES

Keep dry in covered containers or plastic bags.

BROCCOLI & CAULIFLOWER

CARROTS & PARSNIPS

Remove greens.

CELERY

CORN

Store inside their husks.

**CUCUMBERS,
EGGPLANT & PEPPERS**

Store on the upper shelf, which is the warmer part of the fridge.

FRESH HERBS

Except basil. Keep basil stems moist and wrap loosely in plastic.

GREEN BEANS

LETTUCE & LEAFY GREENS

Wash, spin or pat dry, wrap loosely in a dish towel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.

MELON

MUSHROOMS

Keep dry and unwashed in store container or paper bag.

PEAS

**ZUCCHINI &
SUMMER/YELLOW SQUASH**



Learn more at heart.org/HealthyForGood

VEGETABLE SEASONALITY CHART for Bay Area Farmers Markets

The following chart represents general produce availability at Bay Area farmers markets. Keep in mind that every year is different, and individual varieties have different harvest times. If you are outside of Northern California, this chart might not apply to your growing region. Learn more at www.cuesa.org.

 **Dark:** In season  **Light:** In the market but not within its natural harvest season (i.e., cold storage or hot house production)

| | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|------------------------|-------|-------|-------|-------|-------|------|------|------|------|------|------|------|
| Artichokes | | | Dark | Dark | Dark | Dark | | | Dark | Dark | Dark | Dark |
| Arugula | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark |
| Asian greens | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark |
| Asparagus | | Dark | Dark | Dark | Dark | Dark | | | | | | |
| Avocados | | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | |
| Beans, green | | | | | | Dark | Dark | Dark | Dark | | | |
| Beans, shelling | | | | | | | | Dark | Dark | Dark | | |
| Beets | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark |
| Bok choy | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark |
| Broccoli | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark |
| Broccoli rabe (rapini) | Dark | Dark | Dark | Dark | Dark | Dark | | | Dark | Dark | Dark | Dark |
| Brussels sprouts | Dark | Dark | Dark | Dark | Dark | | | Dark | Dark | Dark | Dark | Dark |
| Burdock | | | | | | | Dark | Dark | Dark | Dark | Dark | Dark |
| Cabbage | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark |
| Cactus pads | | | | | | | | | Dark | Dark | Dark | |
| Cardoons | Dark | Dark | Dark | Dark | Dark | Dark | | | | | Dark | Dark |
| Carrots | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark |
| Cauliflower | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark |
| Celeriac | | | | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark |
| Celery | Light | Light | Light | | | | | | Dark | Dark | Dark | Dark |
| Chard | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark |
| Collard greens | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark |
| Corn | | | | | | | | | Dark | Dark | Dark | |
| Cress | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark |
| Cucumbers | | | | Light | Light | Dark | Dark | Dark | Dark | Dark | Dark | |
| Dandelion greens | Dark | Dark | Dark | Dark | Dark | | | | | | | |
| Eggplant | | | | | | Dark | Dark | Dark | Dark | Dark | | |
| Endive | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark | Dark |
| Fava beans | | | Dark | Dark | Dark | Dark | Dark | | | | | |

| | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|-----------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Fava greens | | | | | | | | | | | | |
| Fennel | | | | | | | | | | | | |
| Garlic | | | | | | | | | | | | |
| Garlic, green | | | | | | | | | | | | |
| Ginger root | | | | | | | | | | | | |
| Horseradish | | | | | | | | | | | | |
| Kale | | | | | | | | | | | | |
| Kohlrabi | | | | | | | | | | | | |
| Lambsquarters | | | | | | | | | | | | |
| Leeks | | | | | | | | | | | | |
| Lettuces | | | | | | | | | | | | |
| Mushrooms | | | | | | | | | | | | |
| Mustard greens | | | | | | | | | | | | |
| Nettles | | | | | | | | | | | | |
| Okra | | | | | | | | | | | | |
| Olives | | | | | | | | | | | | |
| Onions | | | | | | | | | | | | |
| Orach | | | | | | | | | | | | |
| Parsnips | | | | | | | | | | | | |
| Peas | | | | | | | | | | | | |
| Peppers, bell | | | | | | | | | | | | |
| Peppers, chile | | | | | | | | | | | | |
| Potatoes | | | | | | | | | | | | |
| Purslane | | | | | | | | | | | | |
| Radicchio (chicories) | | | | | | | | | | | | |
| Radishes | | | | | | | | | | | | |
| Rhubarb | | | | | | | | | | | | |
| Rutabagas | | | | | | | | | | | | |
| Salsify | | | | | | | | | | | | |
| Scallions | | | | | | | | | | | | |
| Shallots | | | | | | | | | | | | |
| Spinach | | | | | | | | | | | | |
| Sprouts | | | | | | | | | | | | |
| Squash, summer | | | | | | | | | | | | |
| Squash, winter | | | | | | | | | | | | |
| Sunchokes | | | | | | | | | | | | |
| Sweet potatoes | | | | | | | | | | | | |
| Tomatillos | | | | | | | | | | | | |
| Tomatoes | | | | | | | | | | | | |
| Turnips | | | | | | | | | | | | |
| Yacon | | | | | | | | | | | | |

Please contact CUESA (Center for Urban Education about Sustainable Agriculture) at info@cuesa.org before reproducing or distributing this chart.

Project Age Well

Wellness: Reducing Stress & Cultivating Mindfulness



What are your sources of stress?

Part of being able to prevent and manage stress is understanding the underlying causes. *Take a moment to list some of your sources of stress:*

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

How do you respond to stress?

Check any of the following manifestations of stress that apply to you:

- | | |
|---|---|
| <input type="checkbox"/> I am aggressive. | <input type="checkbox"/> My heart races. |
| <input type="checkbox"/> I am irritable. | <input type="checkbox"/> My palms get sweaty. |
| <input type="checkbox"/> I withdraw from social settings. | <input type="checkbox"/> I feel like I can't breathe. |
| <input type="checkbox"/> I have a hard time making decisions. | <input type="checkbox"/> I have trouble remembering things. |
| <input type="checkbox"/> I get angry. | <input type="checkbox"/> I have trouble concentrating. |
| <input type="checkbox"/> I have little motivation. | <input type="checkbox"/> I lose my appetite. |
| <input type="checkbox"/> I have trouble sleeping. | <input type="checkbox"/> I tend to reach for food. |
| <input type="checkbox"/> I have headaches or body pain. | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> I become tense. | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> I have nausea or stomach issues. | <input type="checkbox"/> Other: _____ |

Project Age Well

Wellness: Reducing Stress & Cultivating Mindfulness



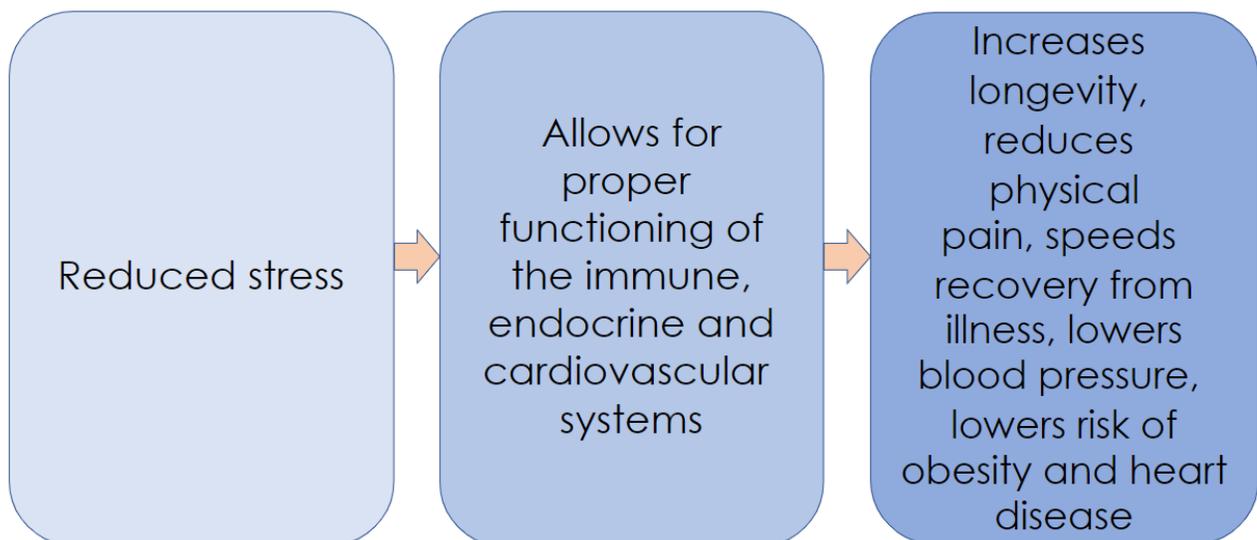
Long-term Effects of Stress

Experiencing stress for extended periods of time can impact our physical, mental and emotional health. See the long-term health effects listed below.

- Increased inflammation and decreased immune functioning
- High blood pressure
- Weight gain and obesity
- High blood pressure
- Ulcers
- Digestive disorders, such as irritable bowel syndrome
- Accelerated aging
- Irritability
- Headaches
- Exacerbated mental illness
- Insomnia
- Impacted relationships
- Impaired judgement and performance

During the normal process of aging, our cells naturally age, our heart fitness and lung capacity tend to decline, our eating habits and activity levels often change. All of these changes make it more challenging for our bodies to bounce back from stress response.

Fortunately, reducing stress can lead to many health benefits!



Project Age Well

Wellness: Reducing Stress & Cultivating Mindfulness



Strategies for Minimizing Stress

It is important to minimize stress to take care of our health. Check which strategies you think might be most helpful for you.

In-the-moment strategies

- Focus on what you can control
- Get some fresh air
- Create a relaxing space
- Stay present
- Practice mindfulness

Preventative Strategies

- Take care of yourself
- Eat well
- Unplug
- Set realistic expectations
- Manage your time
- Manage conflict

Zoom In: Focus on what you can control

We don't always have control over the stressors in our lives. Understanding which stressors we can and cannot control can help us understand how to best deal with them.

Take a moment to reflect on the stressors you identified on page one and think about whether you can control them or not.

Stressors I can control

Ex: who I spend time with

Ex: how I react

Stressors I cannot control

Ex: what happened in the past

Ex: what others believe

Project Age Well

Wellness: Reducing Stress & Cultivating Mindfulness



Strategies for Minimizing Stress (continued)

Zoom In: Practicing Mindfulness

Practicing mindfulness refers to consciously paying attention to where you are and what you are doing, on purpose, in the present moment, rather than being reactive or overwhelmed by what is going on around you.

Mindfulness activities have been shown to reduce stress, anxiety, pain, depression, insomnia, high blood pressure, and other health conditions.

Mindfulness activities include:

- Meditation
- Deep breathing
- Yoga
- Body scanning
- Journaling
- Mind mapping
- Mood tracking
- Mindful eating

Practicing Mindfulness by Body Scanning

The pace and patterns of life can result in a disconnect from our body, how it feels (really!), and what it might be trying to tell us. A body scan is an intentional period of time in which you bring your full attention to your body by breathing calmly and consciously focusing your mind on specific areas of the body. This focus can help reduce tension and even change the way we experience physical sensations such as pain.

On your own or using a guided body scan recording, focus on each area of your body and circle what you experience below.

| | | |
|------------|-----------|--------------|
| Discomfort | Cramping | Itching |
| Tightness | Throbbing | Tingling |
| Soreness | Warmth | Boredom |
| Numbness | Coolness | Restlessness |

Areas of the body: _____

Project Age Well

Wellness: Reducing Stress & Cultivating Mindfulness



Strategies for Minimizing Stress (continued)

Practicing Mindfulness by Journaling

Dedicated time to journal can help us process complex thoughts and emotions. *Take a few minutes to journal on the following page, using the prompts below as guidance or writing whatever comes to mind.*

Channeling Positivity

- Write a list of the day's accomplishments, big and small.
- What are you most thankful for right now?
- What is the most courageous thing you have ever done? How did it make you feel?
- If you could choose any place or scenario (real or imaginary) to be right now to make you relaxed and comforted, where would it be? Describe.

Reducing Stress

- If you could completely let go of one thing to improve your life, what would it be? Who can help you do this?
- What things can you look forward to after this stressful time subsides?
- What can you learn from the challenges present in your life?
- Who or what do you need to feel safe and supported during this time of stress? How can you get that support?

Managing Time and Setting Goals

- Reflect on this week. Why are you doing the things you are doing?
- What is your biggest goal? What are two small things you can do today to move closer to that goal?
- What would you do if you had enough time? What do you need to change for this to happen?
- Even if you can't change your situation today, if you do one thing it will be a step in the right direction. That thing is...

Project Age Well

Wellness: Reducing Stress & Cultivating Mindfulness



Activity: Stand up to Stress!

1. **Make a list** of the strategies you know help you de-stress and those that you'd like to try. Use ideas from class or think of your own!

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

2. **Post your list** in a place you see often, like your mirror or refrigerator.

3. The next time you begin to feel stressed, **choose a strategy** from the list to handle your reaction to the stressor.



4. **Afterwards, reflect** on how effective this coping mechanism was in alleviating your stress. Write a few sentences about your experience below – Did using this strategy change your mood? If so, how? If not, which coping mechanism will you try next time?

Strategy used: _____

Reflection: _____

The next strategy I'll try: _____

Project Age Well

Wellness: Reducing Stress & Cultivating Mindfulness



Resources

988 Suicide and Crisis Lifeline – phone number to call or text for free and confidential support for people in distress, 24/7.

<https://988lifeline.org/>

Emotional Wellness Toolkit, National Institute of Health – educational materials on managing emotions, stress reduction, sleep, mindfulness, coping with loss, and more.

<https://www.nih.gov/health-information/emotional-wellness-toolkit-more-resources>

Why Mindfulness is a Superpower: An Animation – 3-minute video that describes how to practice mindfulness and how it is beneficial to our health.

<https://www.youtube.com/watch?v=w6T02g5hnT4>

Breathing Meditation, UCLA Mindful Awareness Research Center – 5-minute breathing meditation video.

<https://www.youtube.com/watch?v=YFSc7Ck0Ao0>

The Body Scan: A Beginner's Mindfulness Meditation – 8-minute body scan video.

<https://www.youtube.com/watch?v=kH-OQn5Ui8g>

A 10-Minute Gratitude Practice to Notice, Shift and Rewire Your Brain – 10-minute audio recording and text script.

<https://www.mindful.org/a-10-minute-gratitude-practice-to-notice-shift-and-rewire-your-brain/>

Project Age Well

Nutrition: Meal Timing and Portions



Yesterday's Food & Drinks

Take a minute to write down everything you ate & drank between waking up and going to sleep. This can help us view trends in what and how we eat.

| | |
|---|--|
| 1st meal/snack Time: _____ | |
| 2nd meal/snack Time: _____ | |
| 3rd meal/snack Time: _____ | |
| 4th meal/snack Time: _____ | |
| 5th meal/snack Time: _____ | |

| | |
|---|--|
| What is going well?  | |
| What could improve?  | |

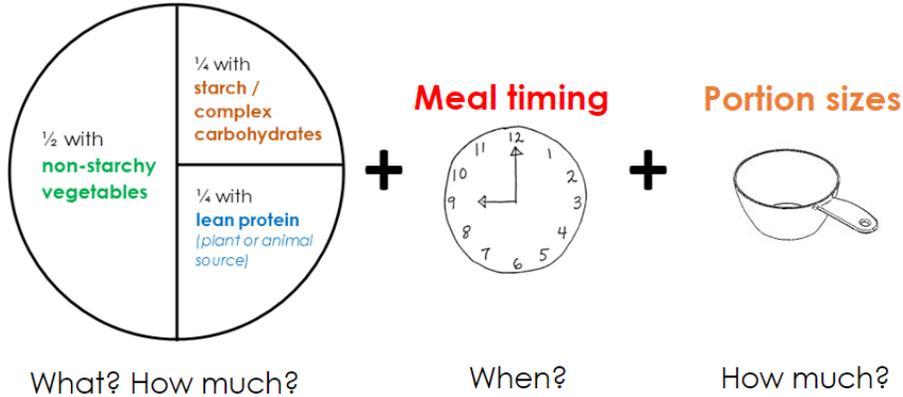
Project Age Well

Nutrition: Meal Timing and Portions



Deciding when, what & how much to eat

A balanced plate with variety gives us a starting point for what and how much we eat. Let's look at a couple of additional tools to use to support healthy eating!



Zoom In: Meal Timing

Meal timing: The time of day or night when we eat and the time between meals or snacks.

When we eat varies by individual. There is no perfect eating schedule. However, being **mindful** – or paying attention to when you need food is a good first step.



Think about it:

Look at your food log under “**Yesterday’s Food & Drinks**” activity to answer these questions.

- How much time passes between your meals? _____
- Are you eating breakfast? Yes No Sometimes
- When, if at all, during the day do you lack energy? _____
- If you are taking medications or living with a chronic condition, what have you learned about how this affects when you eat?

Project Age Well

Nutrition: Meal Timing and Portions



Zoom In: Meal Timing (continued)

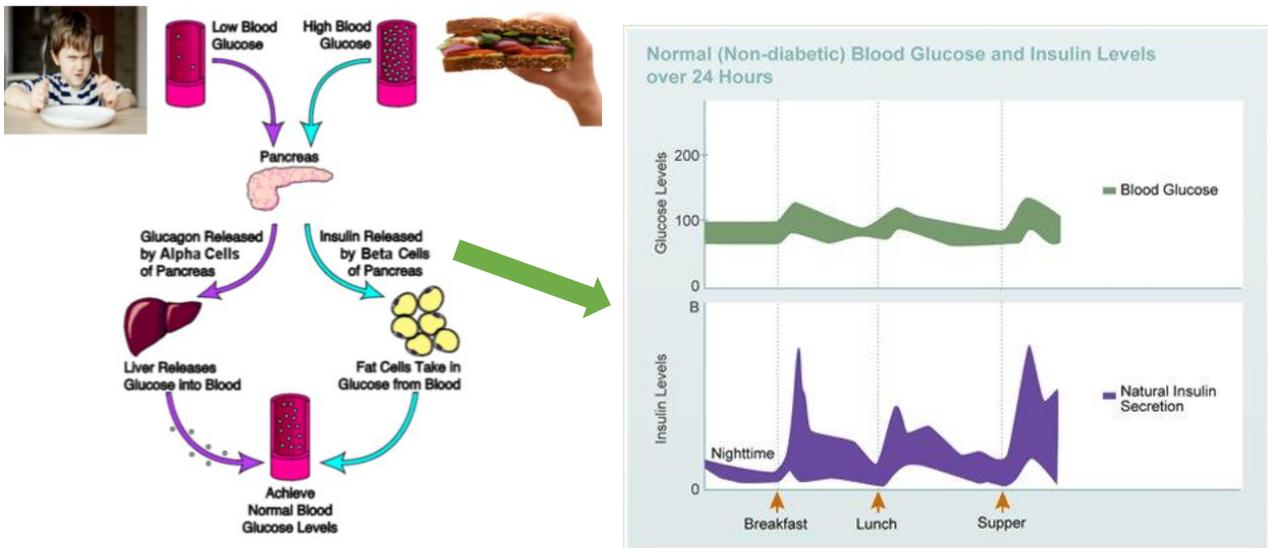
Consistent meals during daytime hours can help...

- ✓ **Maintain stable blood sugar levels.** This is important for preventing and managing diabetes as well as boosting energy and mood!

Quick Look: How our bodies manage blood sugar levels

Our body produces substances called insulin and glucagon that help our cells take up or release sugar (glucose). Insulin is used when we need to reduce blood sugar (after we eat). Glucagon is used when we need to increase available blood sugar for energy.

After we eat, we will see a natural spike in insulin (**blue line** in bottom graph) to help keep blood glucose in a narrow, normal range (**green line** in top graph). We want to avoid spikes in blood sugar.



- ✓ **Prevent overeating** and/or **impulsive food choices.**
- ✓ **Prevent late night eating** that may disrupt sleep patterns.

Project Age Well

Nutrition: Meal Timing and Portions



Eating for Wellness: Eating about **every 4 hours** during the day can help achieve the benefits listed on the previous page.

How would you like to adjust your meal timing to support your health? _____

How do you feel about snacks – or mini-meals?

Snacks can be a useful tool for maintaining stable blood sugar and energy levels when a full meal is too much for you or not possible due to time or other reasons. You can think of a snack as a mini-meal or mini-“Balanced Plate” to help ensure you are getting a variety of nutrients to fuel your body!



Guidance for snacks or "mini-meals"

- Eat real food!
- Include a balance of carbohydrate, protein and fat.
- Find flavor beyond salt and sugar.
- Think about why you choose a snack or mini-meal.
- Recognize your hunger and your portions.

Eating for Wellness: List a few balanced mini-meal ideas you could try:

- 1) _____
- 2) _____
- 3) _____



Project Age Well

Nutrition: Meal Timing and Portions



Group Activity: How can we help Jacqueline make healthy choices?

Jacqueline has been curious about her eating recently. She has been eating the “same old things”, feels like she lacks energy and that she may be gaining weight. She also mentions she has a family history of diabetes.

Take a look at a sample day of eating for Jacqueline:

| Meal | Food / Drink | Amount |
|---------------------------------|---|--|
| Morning coffee (7:00a) | Coffee, black | 2 mugs |
| Breakfast (8:00a) | Toast slices w/ butter Orange juice | 2 slices w/ 2 teaspoons 1 large glass |
| Lunch (2:30p) | Grilled chicken Leftover fried rice Water | 6 ounces 1 ½ cups 2 glasses |
| Afternoon snack (4:00p) | Mandarin oranges Potato chips Sports drink | 2 Several handfuls 1 bottle |
| Dinner (8:00p) | Frozen dinner, lasagna Green salad Ranch dressing Whole milk | 1 package 1 cup ¼ cup 1 glass |
| Nighttime snack (10:00p) | Homemade cookies Hot tea | 2 cookies 1 cup |

Discuss with others in the group:

- What are Jacqueline's strengths?
- What can you say about when Jacqueline eats and the time between her meals and snacks?
- Why do you think this is important to consider?

Project Age Well

Nutrition: Meal Timing and Portions



Zoom In: Portion Size

Are you eating enough? Too much? How do you know?

Our food environment and society has created a perfect storm for a distorted understanding of the portions we need.

- Prepared food sizes are much larger.
- Packaged foods are designed to increase how much we eat.
- The pace of our lives and priorities have shifted away from time to cook and eat.
- The connection to the signs of hunger and fullness has faded.



Think about it:

Look at your food log under “**Yesterday’s Food & Drinks**” activity to answer these questions.

- Which foods from your food log make you wonder about portion size? _____
- Which foods do you feel are in large portions? _____

- Which foods could you use more of, or larger portions of?

Group Discussion: Helping Jacqueline make healthy choices

Look again at Jacqueline’s sample day of eating.

What questions or comments do you have about portion sizes or number of portions of the foods you see?

Project Age Well

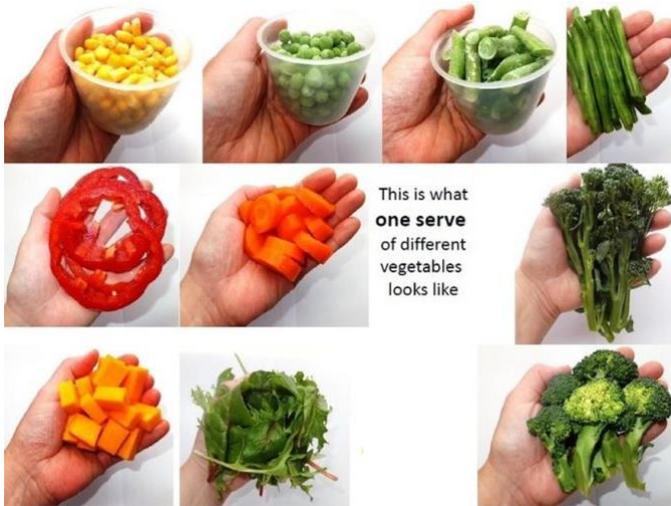
Nutrition: Meal Timing and Portions



Tools for Managing Portion Sizes

1) Portions of vegetables are also in your hands!

One serving is $\frac{1}{2}$ cup fresh, frozen or canned, which fits in one cupped hand. One serving is also 1 cup of leafy greens, such as raw lettuce or spinach. This is one large handful.

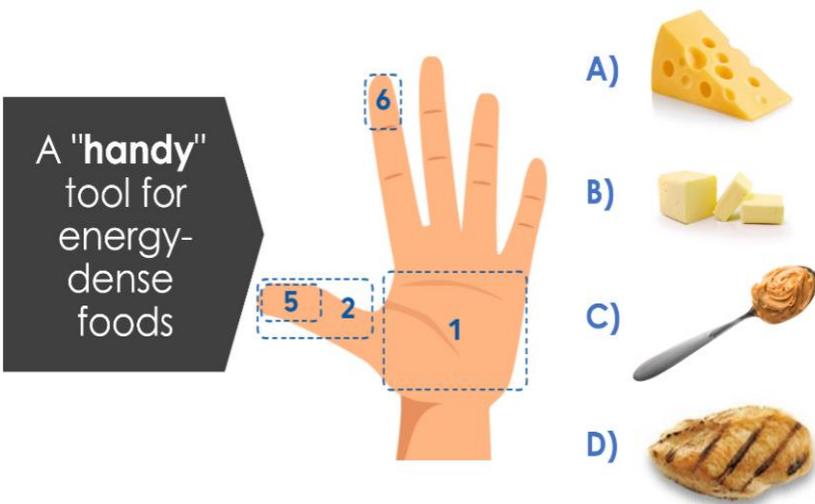


Eating for Wellness:

How many portions are you eating each day? _____

How can you add $\frac{1}{2}$ cup, or a handful?

2) A "handy" tool for energy-dense foods



Which part of the hand matches the portion of each food listed here?

Answers: A-2; B-6; C-5; D-1

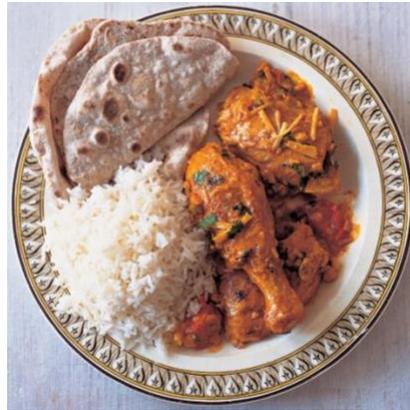
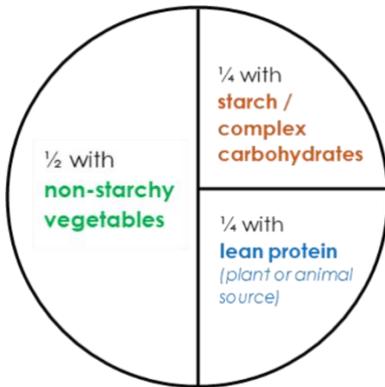
Project Age Well

Nutrition: Meal Timing and Portions



Tools for Managing Portion Sizes (continued)

3) Use the **Balanced Plate** to help identify proportion for each type of food. Take a look at the comparison below. **What differences do you see?**



Think about it: What do the meals in your food log under “**Yesterday’s Food & Drinks**” activity look like? How balanced is your plate or bowl?

4) **Reduce distractions** around you. Focusing on the meal can reduce mindless eating that is not related to physical hunger.

5) **Ask for a to-go box.** Be aware that portions from restaurants are often larger than what we need. Leftovers can help save money and time making another meal!

6) **Pull out the portion.** Avoid eating out of the bag by pulling out a defined amount before you start eating.

7) **Add a vegetable!** This naturally shifts our intake.

8) **Other ideas?** _____

9) **Other ideas?** _____

Project Age Well

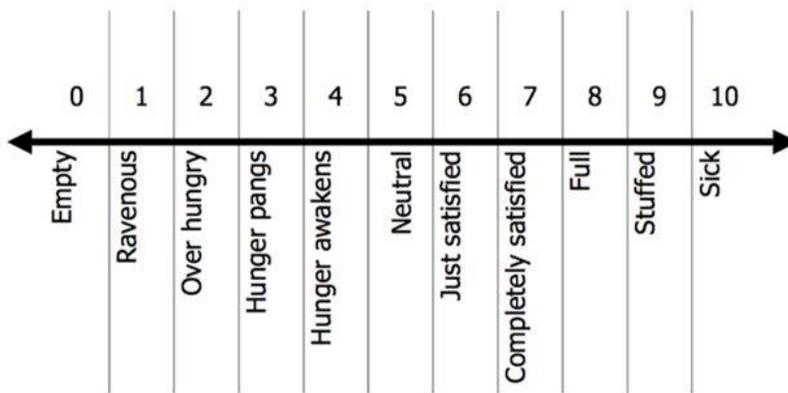
Nutrition: Meal Timing and Portions



Physical Hunger Scale: A tool to determine when and how much

The Physical Hunger Scale is one way to help us gauge how hungry or full we are at a given time. Comfortable eating will generally exist in the range of a 3 to a 7. You can practice using this scale before you eat, then again during eating to notice how your hunger is changing.

Note: It may take some time for our bodies to process how full we really are. When you feel you are at a 5-6 while eating, pause to avoid feeling overstuffed later.



Think about it: Where do you fall on the Hunger Scale right now? _____

Wellness Activity: Meal timing and portions for wellness!

- 1) Reflect on your food log and the questions asked in this handout.
- 2) Identify your strengths or areas you would like to explore related to meal timing and portion sizes.
- 3) Identify one adjustment that would help you meet your health goals.

Meal timing: _____

Portion sizes: _____

Project Age Well

Nutrition: Meal Timing and Portions



| Anticipated Challenges | Possible Solutions |
|-------------------------------------|---|
| Ex: My eating choices bring comfort | Ex: Identify other actions that bring comfort |
| | |
| | |
| | |
| | |

| One small thing I will do today to get closer to my goal |
|--|
| |

| How I will measure my progress |
|--------------------------------|
| |

| How I will stay mindful |
|-------------------------|
| |

Project Age Well

Nutrition: Meal Timing and Portions



Resources

Type 2 Diabetes (Diabetes Education Online, UCSF Diabetes Teaching Center) <https://dte.ucsf.edu/types-of-diabetes/type2/>

The Big Picture: Checking Your Blood Glucose (American Diabetes Association) <https://diabetes.org/healthy-living/medication-treatments/blood-glucose-testing-and-control/checking-your-blood-sugar>

Diabetes Meal Planning (Centers for Disease Control and Prevention) <https://www.cdc.gov/diabetes/managing/eat-well/meal-plan-method.html>

Fruits and Vegetables Serving Sizes Infographic (American Heart Association) <https://www.heart.org/en/healthy-living/healthy-eating/add-color/fruits-and-vegetables-serving-sizes>

The Hunger Rating Scale (American Diabetes Association) <https://diabetes.org/healthy-living/weight-loss/emotions-and-eating/get-touch-your-appetite>

Just Eat It – Hunger body Scan (Laura Thomas, PhD, adapted from Evelyn Tribole, MS RDN and Elyse Resch, MS RDN) <https://soundcloud.com/pan-macmillan/just-eat-it-hunger-body-scan>

Project Age Well

Kitchen Inspiration



Herb-alicious Mashed Chickpea Salad

Mashed chickpeas act like flaked tuna or chicken for a creamy, herb-filled salad that is rich in fiber and protein to keep you feeling full. It works well as a balanced snack or mini-meal with whole grain crackers, toast or in a wrap. Check out your Project Open Hand grocery bag for some of these ingredients.

Ingredients

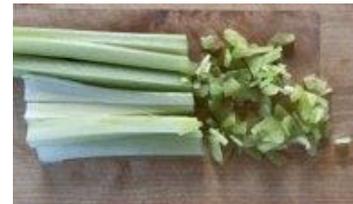
| | |
|-----------------|--|
| 1 ½ cups | chickpeas (garbanzos) |
| ¼ | onion |
| 1 stalk | celery |
| 3-4 Tablespoons | fresh herbs* (ex. parsley, celery leaves, chives, cilantro, dill, basil) |
| 3 Tablespoons | Greek yogurt, plain, low fat |
| ½ | lemon, juiced |
| 1 ½ teaspoon | Dijon mustard |
| ¼ teaspoon | salt |
| To taste | fresh black pepper |

*1 Tablespoon fresh herbs = ~1 teaspoon dried, ground



Instructions

1. Chop vegetables and herbs into small pieces.
2. In a medium mixing bowl, mash chickpeas with fork or potato masher until flakey.
3. Mix yogurt, lemon, mustard, salt and pepper in a bowl.
4. Add all ingredients to the mashed chickpeas. Stir to combine.
5. Serve cool or heated with whole grain crackers, whole grain toast, in a wrap, or on a green salad!



Switch it up: If you have nori seaweed sheets, chop 1 teaspoon to serve on top for a flavor that is like tuna salad!

Project Age Well

Kitchen Inspiration



Cowboy Caviar with Chickpeas

Cowboy caviar is a bean, corn and vegetable salad that can be enjoyed as a snack, the star of a salad or a side dish to a baked or blackened fish or chicken meal. The variety of veggies pack a sweet flavor, crunchy texture and lots of vitamins and minerals. Check out your Project Open Hand grocery bag for some of these ingredients.

Prep time: 15 min Total time: 20 min

Ingredients

| | |
|--------------|--|
| 1 ½ cups | chickpeas (garbanzos) |
| 1 | bell pepper or medium zucchini, diced |
| 2 small | ears of corn (or 1 small can), shaved |
| 1 Tablespoon | olive or avocado oil |
| 1 teaspoon | smoked paprika or chili powder |
| 1 teaspoon | cumin |
| ½ | red onion, diced |
| 1 small | cucumber, diced |
| 1 medium | tomato (or 1 cup cherry tomatoes), chopped |
| 1 clove | garlic, minced |
| 1 | green onion, thin sliced |
| ¼ cup | fresh cilantro or parsley*, chopped |
| 1 | lemon, juiced |
| ¼ teaspoon | cayenne powder |
| ¼ teaspoon | salt |
| To taste | fresh black pepper |

*1 Tablespoon fresh herbs = ~1 teaspoon dried, ground

Instructions

1. Chop all vegetables and herbs as noted above.

2. Set oven to broil. On a baking tray, combine chickpeas, pepper/zucchini, corn, oil and spices. Broil for 6-8 minutes veggies are just tender.



Project Age Well

Kitchen Inspiration



3. In a medium mixing bowl, add remaining ingredients. Toss to combine.
4. Optional: Chill for an hour to let flavors come together.
5. Serve with whole grain crackers, tortilla chips, in a salad or warm inside of a quesadilla or wrap. You can even toss with cooked whole grain pasta!



Switch it up: You can use 2-3 teaspoons of any spices you like. You could try Chinese five-spice blend, za'atar, and more!

Project Age Well

Kitchen Inspiration



Crunchy Spiced Chickpeas

Chickpeas are a fiber-rich source of lean protein that also offer a good amount of iron and other minerals. These spiced chickpeas can be a crunchy snack or a flavorful topping for a salad or stew! Check out your Project Open Hand grocery bag for dried chickpeas.

Prep time: 5 min Total time: 50 min

Ingredients

| | |
|--------------|--------------------------------|
| 1 ½ cups | chickpeas (garbanzos) |
| 1 Tablespoon | olive or avocado oil |
| ½ teaspoon | smoked paprika or chili powder |
| ½ teaspoon | cumin |
| ½ teaspoon | garlic powder |
| ½ teaspoon | turmeric (optional) |
| ¼ teaspoon | salt |



Instructions

1. Preheat oven to 400°F. Dry chickpeas on a towel.
2. Toss chickpeas with olive oil, spices and spread on baking sheet.
3. Bake for 30 minutes. Remove from oven every 10-15 minutes to stir.
4. At 30 minutes, check how crisp chickpeas are. If still soft, bake another 8-10 minutes. If somewhat crisp, remove from heat and allow to cool completely to crisp even more.
5. Enjoy as a snack or to add crunch to any meal, such as a kale Cesar salad, a curry or a stew.



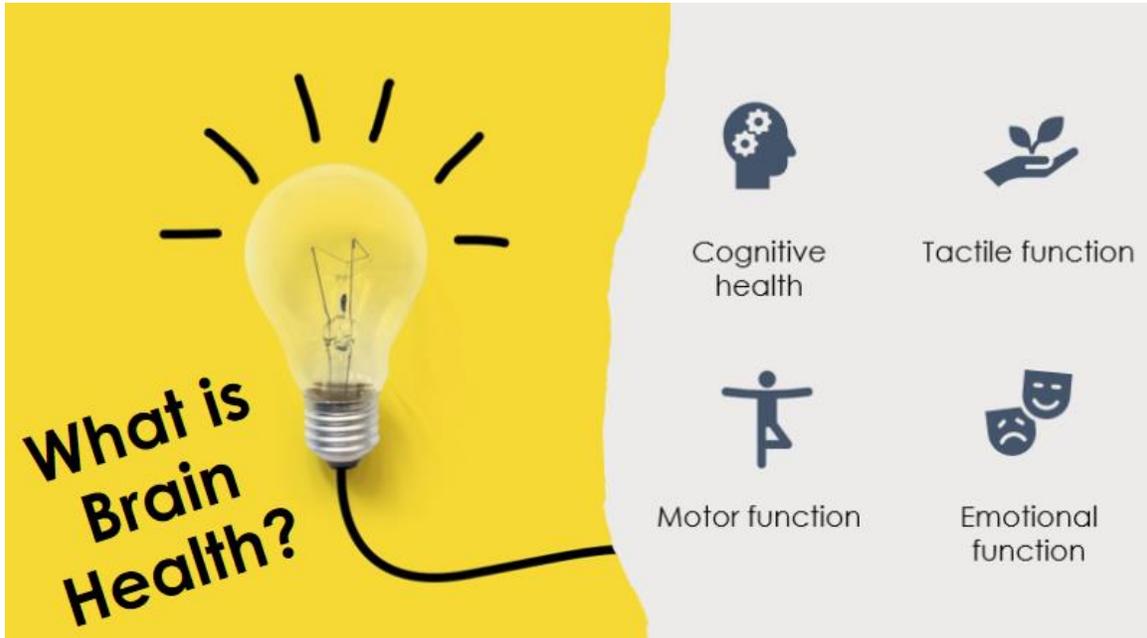
Switch it up: You can use 2-3 teaspoons of any spices you like. You could try Chinese five-spice blend, za'atar, and more!

Project Age Well

Wellness: Brain Health



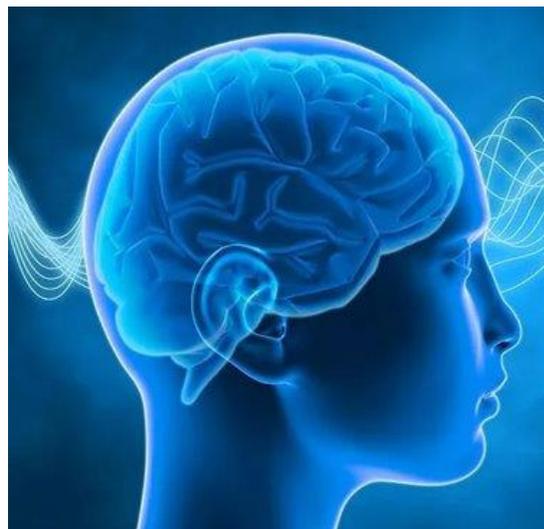
Brain health refers to how well a person's brain functions across multiple areas.



Changes to the Aging Brain

Throughout our lives, as we age, all brains – even the most healthy ones – are changing. Some of the reasons our brains change include:

- Age
- Genes
- Life-stressors
- Medications
- Injury
- Mood disorders
- Substance abuse and addiction
- Brain disease, such as Alzheimer's



Project Age Well

Wellness: Brain Health



Changes to the Aging Brain (continued)

Many of the changes that we experience are a natural result of aging. But what exactly happens to our brains as we age?

- Brain mass shrinks
- Blood vessels age
- Blood pressure rises
- Cortical density thins
- White matter degenerates
- Fewer chemical messages



So, how do these changes affect us?

Good news – it's not all bad! Although aging may present some cognitive challenges, it does not lead to changes in all aspects of our brain health – and some things actually improve!

What stays the same?

- Procedural memory
- Our ability to adapt to new challenges
- Our ability to learn and accomplish new things

What gets easier?

- Fewer negative emotions and more positive emotions
- Accumulated knowledge of learned facts and information
- Ability to make connections about information
- Ability to remain calm
- Verbal abilities
- Spatial reasoning
- Abstract reasoning
- Math skills

Project Age Well

Wellness: Brain Health



Changes to the Aging Brain (continued)

What gets more challenging?

- Thinking skills
- Concentration
- Memory
- Attention
- Word recollection
- Object identification

To an extent, the aging of the brain is inevitable and affects everyone, yet it affects everyone differently. *Take some time to reflect on changes you've experienced. Circle below or list your own.*

How our aging brain can be challenging:

| It is normal to expect minor changes in the following areas: | These changes are abnormal and reason to talk to your provider: |
|---|--|
| Thinking skills | Changes in personality |
| Concentration | Decline in planning and organization |
| Memory | Changes to hygiene or eating patterns |
| Attention | Changes in language and comprehension |
| Word recollection | Odd or inappropriate behaviors |
| Object identification | Getting lost in familiar places |
| | Repetitive questioning |
| | Forgetfulness of recent events |
| | Increased apathy |
| | Repeated falls or loss of balance |

Project Age Well

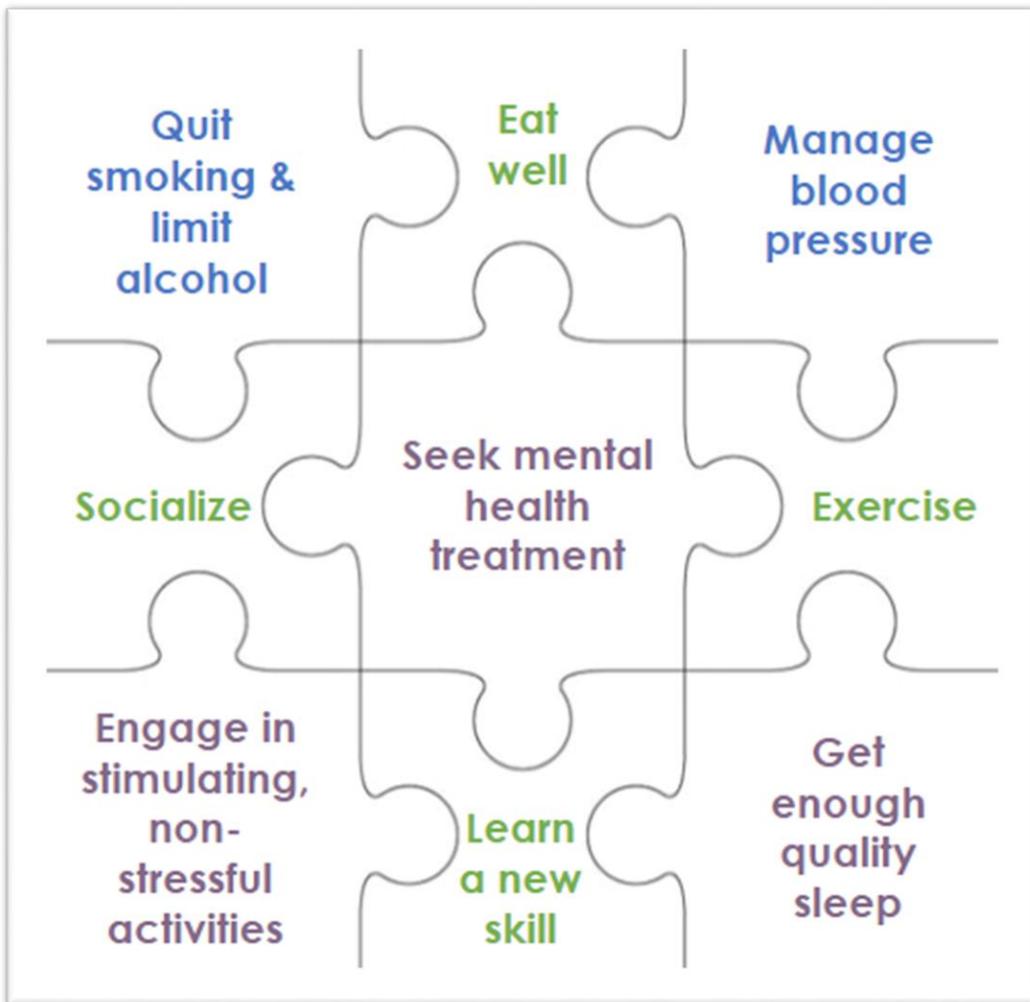
Wellness: Brain Health



Protecting your Brain Health

Effectively protecting our brain health involves addressing multiple different aspects of our health, including our nutrition, mental health, and sleep.

*What do you already do well in this aspect of your wellness?
Below, put a star next to the items you do well.*



Project Age Well

Wellness: Brain Health



Let's Put our Brains to Work!

Write your responses to the in-class brain games below.

| |
|-----------------------|
| Brain Game #1: |
| |

| |
|-----------------------|
| Brain Game #2: |
| |

| |
|-----------------------|
| Brain Game #3: |
| |

| |
|-----------------------|
| Brain Game #4: |
| |

| |
|-----------------------|
| Brain Game #5: |
| |

Project Age Well

Wellness: Brain Health



Wellness Activity: How could you improve in protecting your brain health? **Circle the options below.**

Protect Your Brain Health

- ✓ Quit or limit smoking
- ✓ Limit alcohol
- ✓ Manage stress
- ✓ Seek support for mental health concerns
- ✓ Engage in healthy sleep hygiene
- ✓ Engage in stimulating, non-stressful activities
- ✓ Learn a new skill
- ✓ Engage in social activities
- ✓ Maintain healthy eating
- ✓ Exercise

Adapt with the Changes

- ✓ Follow a daily routine
- ✓ Plan in advance
- ✓ Make to-do lists
- ✓ Use memory tools, such as calendars and notepads
- ✓ Reduce distractions
- ✓ Put important items, such as keys and glasses, in the same place each day
- ✓ When receiving new information, think about how it applies to you or is meaningful to you
- ✓ Choose activities that can help both the mind and body, such as tai chi

| One small thing I will do today to get closer to my goal |
|--|
| |

Project Age Well

Wellness: Brain Health



Resources

Healthy Aging vs. Diagnosis, UCSF Memory and Aging Center
<https://memory.ucsf.edu/symptoms/healthy-aging>

Combination of healthy lifestyle traits may substantially reduce Alzheimer's disease risk, National Institute on Health
<https://www.nia.nih.gov/news/combination-healthy-lifestyle-traits-may-substantially-reduce-alzheimers-disease-risk>

Brain Health: Medicine, Age, and Your Brain, Administration for Community Living - fact sheet outlining the impacts of medication on the older adult brain
<https://acl.gov/sites/default/files/triage/MedAgeBrain-FactSheet.pdf>

Covia - Virtual community that offers phone and online activities that build community through group conversations, games, and education
<https://covia.org/programs/well-connected/>

Project Age Well

Nutrition Class: Quality and Food Labels



Yesterday's Food & Drinks

Take a minute to write down everything you ate & drank between waking up and going to sleep. This can help us view trends in what & how we eat.

| | |
|---|--|
| 1st meal/snack Time: _____ | |
| 2nd meal/snack Time: _____ | |
| 3rd meal/snack Time: _____ | |
| 4th meal/snack Time: _____ | |
| 5th meal/snack Time: _____ | |

| | |
|---|--|
| What is going well?  | |
| What could improve?  | |

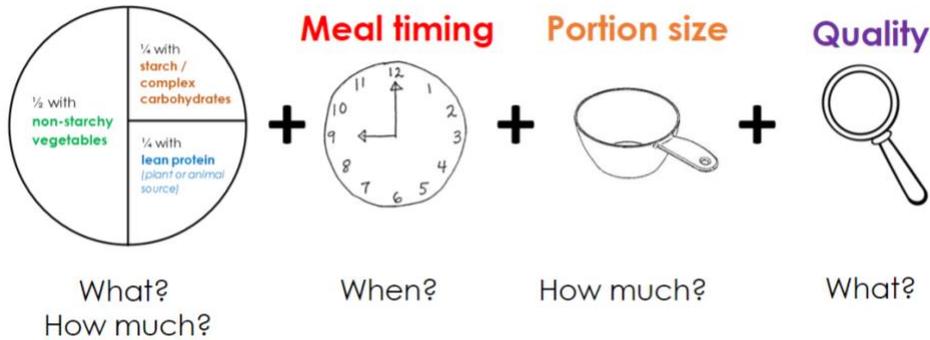
Project Age Well

Nutrition Class: Quality and Food Labels



Deciding when, what & how much to eat

A balanced plate with variety gives us a starting point for what & how much we eat. Let's look at some additional tools to use to support healthy eating!



How do we identify quality foods for a balanced meal?

When you look at your Food Log, list specific foods that you identify as “high quality” foods: _____

Why are these high in quality? What words would you use to describe a “high quality” food? _____

Quality can mean many things. Let's acknowledge a few of these.



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Nutrition Class: Quality and Food Labels

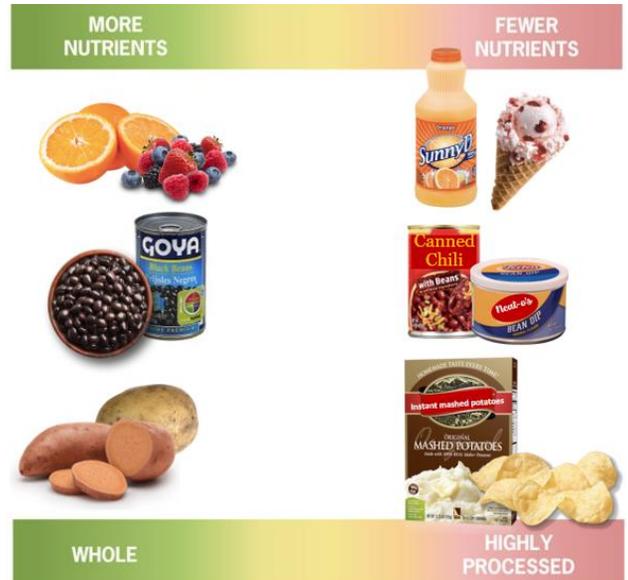


Quality foods are nutrient-dense.

Nutrient-dense means foods have a high amount of beneficial nutrients as compared to the overall amount of energy (calories) in a serving.

Beneficial nutrients include fiber, vitamins, minerals, antioxidants, lean protein and unsaturated fats.

Most real foods that are less processed are nutrient-dense. The chart to the right compares real foods to a highly processed food.



What other comparisons can you think of?

Quality foods can help manage inflammation.

Inflammation is a response to stress in the body. While short-term inflammation can be helpful – ex: to heal wounds or protect from infection – chronic inflammation can increase risk for various health conditions.

Some foods provide nutrients that help manage inflammation:

Phytonutrients in plant foods help them and us to ward off disease. Eating a rainbow of color helps provide us a range of phytonutrients.

Fiber in whole grains, legumes, fruit and vegetables can

- Increase our insulin sensitivity and contribute to reduced inflammation.
- Help grow a healthy gut microbiome. The beneficial bacteria in our gut produce compounds that reduce inflammation and improve immune function.

Omega-3 fats in walnuts, chia seed, flaxseed, certain seed oils, avocados, and fatty fish help fight inflammation – and we have to get them from food!

Project Age Well

Nutrition Class: Quality and Food Labels



Which foods in the following table do you currently eat or would you like to add to your meals?

| Omega-3 fats in plant and animal foods | Phytonutrients and fiber found in plant foods! | | |
|---|---|--|--|
| | Colorful fruit and vegetables | Legumes | Whole grains |
| avocado chia seeds flaxseed herring mackerel olive oil salmon sardines trout walnuts | avocado broccoli carrots cooking greens leafy greens potatoes sweet potato tomato winter squash | apples berries cherries figs mangoes melons oranges pears | black beans edamame fava beans kidney beans mung beans navy beans white beans lentils |

Group Activity: How can we help Jacqueline make quality choices?

Jacqueline has been curious about her eating recently. She has been eating the “same old things”, feels like she lacks energy and that she may be gaining weight. She also mentions she has a family history of diabetes. Take a look at a sample day of eating for Jacqueline:

| Meal | Food / Drink | Amount |
|---------------------------------|---|--|
| Morning coffee (7:00a) | Coffee, black | 2 mugs |
| Breakfast (8:00a) | Toast slices w/ butter Orange juice | 2 slices w/ 2 teaspoons 1 large glass |
| Lunch (2:30p) | Grilled chicken Leftover fried rice Water | 6 ounces 1 ½ cups 2 glasses |
| Afternoon snack (4:00p) | Mandarin oranges Potato chips Sports drink | 2 Several handfuls 1 bottle |
| Dinner (8:00p) | Frozen dinner, lasagna Green salad Ranch dressing Whole milk | 1 package 1 cup ¼ cup 1 glass |
| Nighttime snack (10:00p) | Homemade cookies Hot tea | 2 cookies 1 cup |

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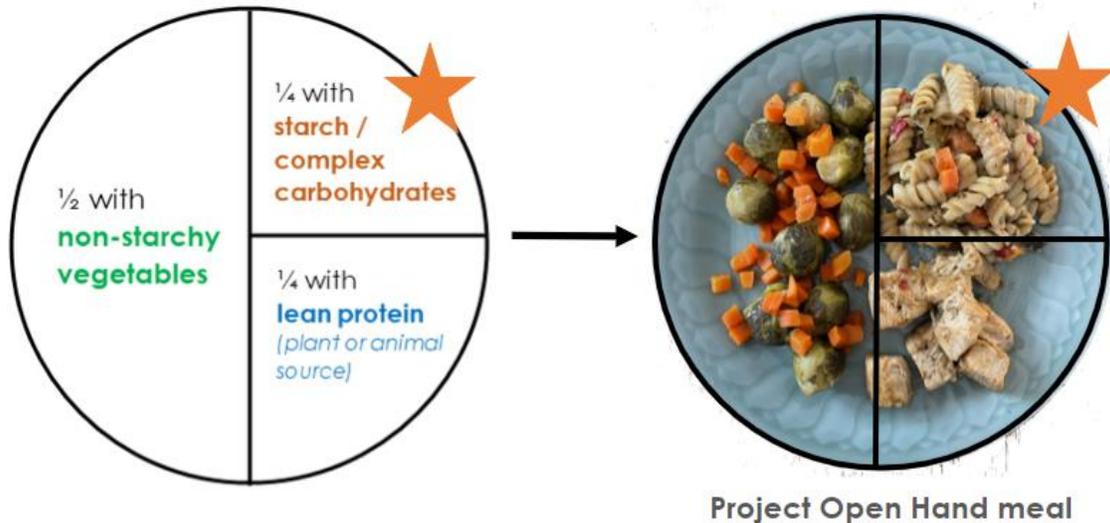
Nutrition Class: Quality and Food Labels



Discuss with others in the group:

- Which foods are carbohydrate foods?
- What questions do you have about these foods and how they relate to Jacqueline's concerns?
- Which foods are highly processed?
- How can you learn more about the contents of processed foods?

Zoom In: Quality and choices in carbohydrate foods



Complex carbohydrate foods are nutrient-dense. They contain **this nutrient** which helps control our blood sugar levels, improves our digestion, and helps reduce LDL (unhealthy) cholesterol: _____.

They also contain vitamins such as several **B vitamins** (thiamin, niacin, B6) and minerals such as **iron**.

Refined carbohydrates, on the other hand, have been stripped of fiber and many vitamins and minerals. These foods can leave us feeling hungry sooner and can lead to spikes in blood sugar levels.

Answer: fiber

Project Age Well

Nutrition Class: Quality and Food Labels



How can I identify nutrient-dense, complex carbohydrate foods?

Plant foods are sources of complex carbohydrates. Look for foods that are real and minimally processed.

Nutrient-Dense

- Fruits:** Aim for 2+ servings/day
- Vegetables:** Aim for 5+ servings/day
- Whole grains:** barley, buckwheat, brown rice, steel cut oats, 100% whole wheat foods such as pastas, bread
- Snack foods:** whole grain crackers, home-made popcorn
- Legumes**



Refined or Energy-Dense

- Sugar-sweetened beverages:** sodas, fruit juices, coffee, tea drinks
- Sweets:** ice cream, cake, pastries, candy, dried fruits
- Starches:** white rice, white pasta, noodles, white bread, bagels, flour tortillas, croissants, cereals
- Snack foods:** chips, saltines, cookies

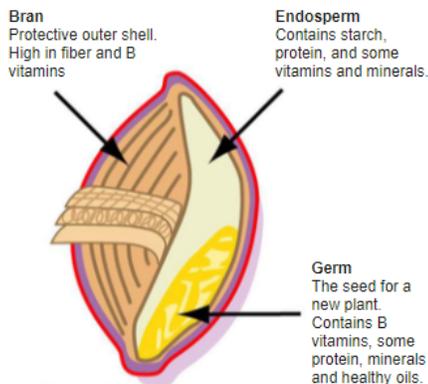


Eating for Wellness: What is one category of foods in the table above that interests you as a way to improve the quality of your carbohydrates?

How could you adjust your intake in this category to support your health?

Zoom In: Whole grain foods

Whole grains foods are foods that include the whole wheat kernel and all of the nutrients found there. Look for fully unprocessed grains (ex: barley, brown rice, farro, steel cut oats, popcorn, quinoa) or for “100% whole wheat” and no added sugar on the ingredients list of pastas and breads.



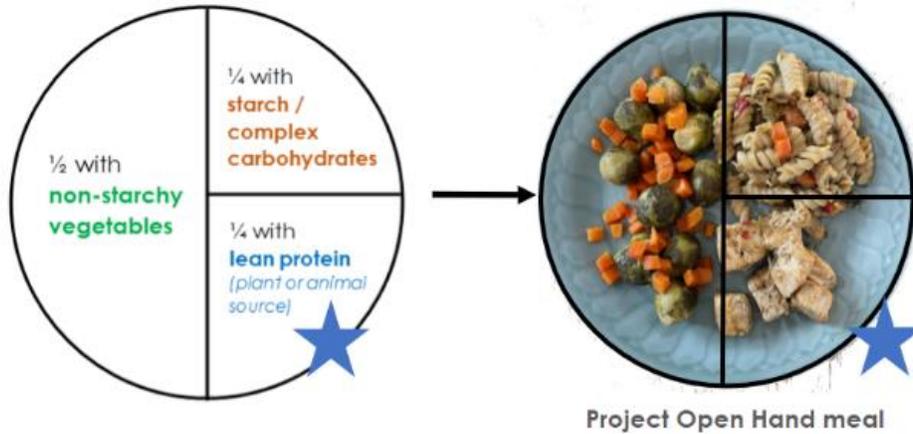
- **Whole grain:** Contains the entire kernel
 - ✓ Fiber
 - ✓ B Vitamins
 - ✓ Iron
 - ✓ Magnesium
 - ✓ Selenium
- **Refined grain:** Bran and germ removed

Project Age Well

Nutrition Class: Quality and Food Labels

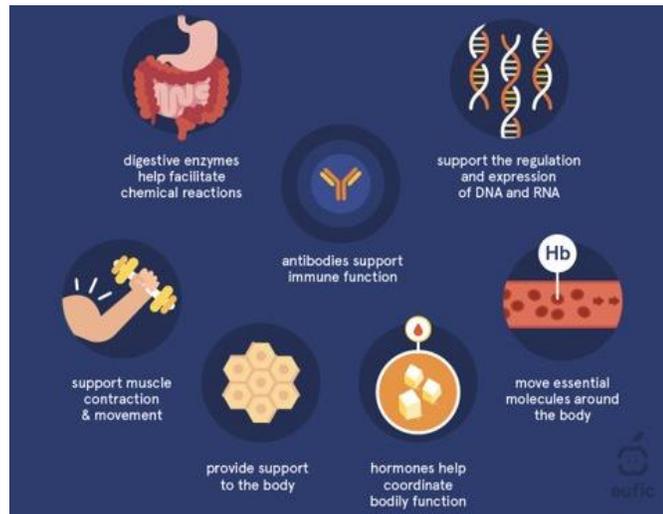


Zoom In: Quality and choices in protein foods



Quality protein has many important functions.

As we age, protein is important to keep our bodies sturdy and help recover from illness.



How can I get the most out of my protein foods?

1) Look for mostly lean protein foods.

- ✓ Plant foods! (see table on next page)
- ✓ Fatty fish and seafood
- ✓ Ground meat with lower fat content
- ✓ Cuts of meat with little visible fat
- ✓ Plain dairy foods with no added sugars

Portion size: One serving of meat is 3 ounces, or the size of your palm or deck of playing cards.

Project Age Well

Nutrition Class: Quality and Food Labels



2) **Add a variety of protein sources!** Variety offers a larger range of vitamins and minerals, balances nutrient intake and adds flavor to meals. **Take a look at the example menu below:**



Lentils (1c)
 18g protein
 + fiber
 + iron
 + folate



Low-fat, plain yogurt (6oz)
 9g protein
 + calcium
 + vit B12



Sardines (3oz)
 21g protein
 + calcium
 + vit B12
 + vit D
 + omega-3 fats

Eating for Wellness: Protein is found in plant and animal foods! Include plant proteins for added fiber, vitamins and minerals.

Think back to your food log and your typical meals. Circle the sources of protein you currently eat. Put a star next to 1-2 you could try!

| Plant protein examples | | Animal protein examples | |
|--------------------------------------|--|-------------------------|-------------------------|
| black beans | tofu | chicken breast | canned tuna or sardines |
| chickpeas | edamame | pork chop | shrimp |
| kidney beans | oats | ground meat | egg |
| navy beans | quinoa | codfish | cottage cheese |
| lentils | broccoli | salmon | plain yogurt |
| split peas | green peas | tilapia | cheese |
| nuts (ex, almonds, cashews, walnuts) | seeds (ex, chia, sunflower, pumpkin, pistachios) | | |
| nut butters | | | |

Project Age Well

Nutrition Class: Quality and Food Labels



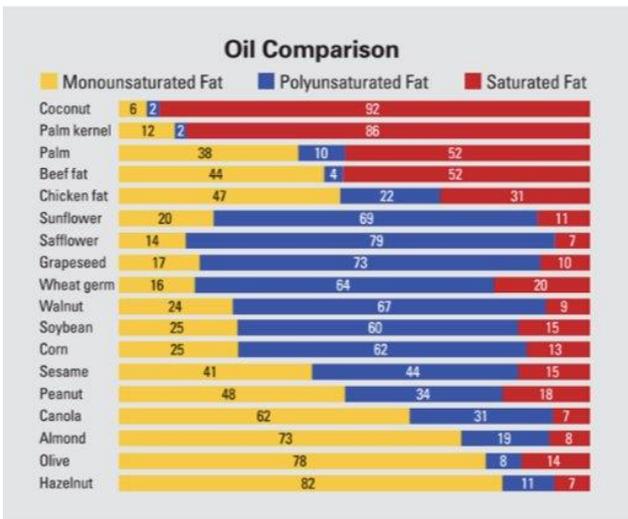
Zoom In: Quality and choices in fats

Fats are critical for brain and heart health, producing vitamins, absorbing vitamins from the foods we eat, managing inflammation and more.

There are **two basic types of fat in foods**: saturated and unsaturated. Foods that contain mostly unsaturated fats – including polyunsaturated fats such as omega-3 fatty acids – support our health:

| Saturated Fat | Unsaturated Fat |
|---|--|
| <p>Increase levels of LDL (unhealthy) cholesterol</p> <p>LDL can clog arteries and increase risk of heart issues</p> <p>Some sources: meats, butter, coconut oil, dairy</p>  | <p>Increase levels of HDL (healthy) cholesterol</p> <p>HDL "grabs" LDL cholesterol and brings it to the liver for eventual removal from the body</p> <p>Some sources: nuts, avocado, vegetable oils, fish, seeds</p>  |

Fat types in cooking oils



Sources of omega-3 fats

- Flaxseed oil, 1 tbsp
- Chia seeds, 1 ounce
- English walnuts, 1 ounce
- Flaxseed, whole, 1 tbsp
- Salmon, Atlantic, farmed cooked, 3 ounces
- Salmon, Atlantic, wild, cooked, 3 ounces
- Herring, Atlantic, cooked, 3 ounces*
- Canola oil, 1 tbsp
- Sardines, canned in tomato sauce, drained, 3 ounces*
- Mackerel, Atlantic, cooked, 3 ounces*
- Salmon, pink, canned, drained, 3 ounces*
- Soybean oil, 1 tbsp
- Trout, rainbow, wild, cooked, 3 ounces

Eating for Wellness: Plant foods and fatty fish (see table above) are sources of healthy fats. How could you include more healthy fats in your daily meals?

Project Age Well

Nutrition Class: Quality and Food Labels



Food labels: A tool to use when selecting packaged, processed foods

1. Serving Information →

2. Calories →

3. Nutrients →

Nutrition Facts

4 servings per container
Serving size 1 cup (227g)

Amount per serving
Calories 280

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 9g | 12% |
| Saturated Fat 4.5g | 23% |
| Trans Fat 0g | |
| Cholesterol 35mg | 12% |
| Sodium 850mg | 37% |
| Total Carbohydrate 34g | 12% |
| Dietary Fiber 4g | 14% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| Protein 15g | |
| <hr/> | |
| Vitamin D 0mcg | 0% |
| Calcium 320mg | 25% |
| Iron 1.6mg | 8% |
| Potassium 510mg | 10% |

*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.

4. Quick Guide to percent Daily Value (%DV)

- 5% or less is **low**
- 20% or more is **high**

Which nutrients would we like to be **low**?

Which nutrients are best to see **high**?

Group Discussion: Helping Jacqueline make healthy choices

Look again at Jacqueline's food log and share your thoughts about the following questions:

- Which foods are processed?
- What would you like to know from the food label for these foods?

Practice: What do you notice about this label from Jacqueline's ranch dressing?

| Nutrition Facts | Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | |
|--|--|----------------|----------------|--------------------|--------------------|
| about 24 servings per container Serving Size 2 tbsp (30mL) Calories per serving 130 | Total Fat | 14g | 17% | Total Carbohydrate | 2g 1% |
| | Saturated Fat | 2g | 10% | Fiber | 0g 0% |
| | Trans Fat | 0g | | Total Sugars | 1g |
| | Cholesterol | 5mg | 1% | Includes | 1g Added Sugars 2% |
| | Sodium | 260mg | 11% | Protein | 0g |
| | Vitamin D 0mcg 0% • Calcium 8mg 0% • Iron 0mg 0% • Potassium 8mg 0% | | | | |
| | <small>*The % Daily Value 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.</small> | | | | |

If we have two servings of dressing (*multiply everything by two!*), which nutrients will be **HIGH**?

Project Age Well

Nutrition Class: Quality and Food Labels



Ingredients lists: A tool to uncover hidden ingredients (like added sugar!)

Captcha:
Select all
foods that
contain
added sugars.











Verify

Answer: All except the dried apricots and mixed fruit in own juice. The two fruit ;)

We expect some foods to contain sugar – ex: a sweet snack such as ice cream. But our food system tends to add sugar to foods that are not meant to be sweet!

Be a sugar sleuth! There are over 60 types of added sugars that can be found in our foods.

Look out for these in breads, nut butters, crackers, soups, sauces, and dressings.

The 61 names of sugar

| | | |
|---|---|---|
| <ul style="list-style-type: none"> Agave nectar Barbados sugar Barley malt Barley malt syrup Beet sugar Brown sugar Buttered syrup Cane juice Cane juice crystals Cane sugar Caramel Carob syrup Castor sugar Coconut palm sugar Coconut sugar Evaporated cane juice Free-flowing brown sugars Fructose | <ul style="list-style-type: none"> Fruit juice Fruit juice concentrate Glucose Glucose solids Golden sugar Golden syrup Grape sugar HFCS (High-Fructose Corn Syrup) Honeycing sugar Invert sugar Malt syrup Maltodextrin Maltol Maltose Mannose Maple syrup | <ul style="list-style-type: none"> Molasses Muscovado Palm sugar Panocha Powdered sugar Raw sugar Refiner's syrup Rice syrup Saccharose Sorghum Syrup Sucrose Sugar (granulated) Sweet Sorghum Syrup Treacle Turbinado sugar Yellow sugar |
|---|---|---|

Tasteofhealing.com

Eating for Wellness: Think about it...

- Which sections of the food label may be helpful for you in meeting your health goals?
- What questions do you have about the claims made on the front of a food package?

Project Age Well

Nutrition Class: Quality and Food Labels



Wellness Activity: Nutrient-dense food choices

Reflect on your food diary and the questions asked in this handout.

- 1) Identify your strengths and areas where you would like to boost the **quality** of carbohydrates, protein and fats in your meals.
- 2) If you like, implement one adjustment that would help you meet your health goals.

Quality carbohydrates: _____

Quality proteins: _____

Quality fats: _____

Using the food label: _____

| One small thing I will do today to get closer to my goal |
|--|
| |

| Anticipated Challenges | Possible Solutions |
|------------------------|--------------------|
| | |
| | |
| | |

| How I will measure my progress |
|--------------------------------|
| |

Project Age Well

Nutrition Class: Quality and Food Labels



Resources

How can I eat more nutrient-dense foods? (American Heart Association)

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/how-can-i-eat-more-nutrient-dense-foods>

The Healthy Eating Plate – A guide for a balanced, nutrient-rich plate (Harvard T.H. Chan School of Public Health)

<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

The Harvard Nutrition Source – An evidence-based resource for a variety of nutrition topics (Harvard T.H. Chan School of Public Health)

<https://www.hsph.harvard.edu/nutritionsource/>

Nutrition Facts Label – Support in reading the nutrition facts label, including updates made in 2020 (Food and Drug Administration)

<https://www.fda.gov/food/new-nutrition-facts-label/whats-new-nutrition-facts-label>

Sugar Science: The Unsweetened Truth – Guidance on identifying and limiting added sugars in the foods available in the US food system (University of California – San Francisco) <https://sugarscience.ucsf.edu/hidden-in-plain-sight>

Project Age Well

Kitchen Inspiration



Nigerian Bean and Cabbage Stew

Ingredients

- 1 Tablespoon olive oil
- 1 large onion, chopped
- 2 cups root vegetables (ex: 1 parsnip and 1 turnip)
- 2 cups tomatoes, diced (1, 14.5 ounce can)
- 1 Tablespoon tomato paste
- 1 teaspoon curry powder*
- ¾ teaspoon thyme
- ½ teaspoon ginger
- ¼ teaspoon salt (optional)
- 2 cups low-sodium vegetable or chicken broth
- ½ small green cabbage, chopped into
- 2 cups chunks black-eyed peas, cooked**



*curry powder alternatives: turmeric + cumin, garam masala, or Thai curry paste **can substitute with red beans, black beans or navy beans

Instructions

1. In a large pot, heat oil on medium heat. Add onions and until softened. Roughly 3 minutes. Add root vegetables and cook an additional 3 minutes.
2. Add tomatoes, curry, thyme and ginger and salt. Stir to combine.
3. Add broth. Bring to a boil, then reduce heat to medium low. Partially cover and simmer for 25 minutes, stirring occasionally.
4. Add cabbage and black-eyed peas. Simmer for an additional 20 minutes.
5. Remove from heat and allow to cool.
6. Serve alone or on top of barley, farro or brown rice. Top with chili flakes, if desired.

Modified from recipe in [Extending the Table: A World Community Cookbook](#)



Switch up veggies: Other root vegetables could include rutabaga, carrots or potatoes. If you do not have cabbage, you can use two handfuls of greens such as turnip greens, spinach or kale.

Pre-cooking black-eyed peas: Cover beans with water and allow to soak for at least 6 hours or overnight. Drain and re-cover with water or low-sodium broth. Then, bring to boil, reduce heat and simmer for 30 minutes until tender.

Project Age Well

Wellness: The Power of Sleep



Let's Play!

TRUE or FALSE: Sleep Edition

Read each statement below and guess whether it is **TRUE** or **FALSE**. Write your answers on the lines next to the statements.

- _____ Humans spend one third of their lives asleep.
- _____ Before color television, only 15% of people dreamed in color.
- _____ Counting sheep can help you fall asleep.
- _____ One of our biggest sleep distractions is 24-hour internet access.
- _____ The ideal amount of time that it should take you to fall asleep is 30 minutes.
- _____ A lack of sleep can make us more hungry.
- _____ It is recommended that adults over the age of 60 get at least **seven hours** of sleep per night.
- _____ Sea otters hold hands when they sleep so they don't drift away from each other.



Project Age Well

Wellness: *The Power of Sleep*



Sleep Needs

Two internal mechanisms work together to help us know when to sleep and wake each day: our circadian rhythm and sleep-wake homeostasis.

Circadian rhythms direct many physical, mental and behavioral changes that we undergo at certain times, based on our biological clock. Our biological clocks are natural timing devices influenced by environmental cues, such as light and temperature.

Sleep-wake homeostasis keeps track of our need for sleep, based on how long we have been awake or asleep. With each hour awake that passes, our sleep drive grows stronger.



Sleep Stages

Each time we fall asleep, we go through four stages of sleep. During each stage of sleep, our bodies undergo different processes that are essential to our health.

| Non-REM | | | REM |
|--|---------|---------|---------|
| Stage 1 | Stage 2 | Stage 3 | Stage 4 |
| Average Sleep Cycle: ~90 minutes each, or 4-6 cycles per night | | | |

Did you know:

REM stands for rapid eye movement and is the sleep stage associated with dreaming and memory consolidation.

Project Age Well

Wellness: *The Power of Sleep*



Sleep and why it's Essential

Sleep is a crucial process for humans, affecting our metabolic, cardiovascular, immunologic, mental, behavioral, and cognitive health. Without enough sleep, we may experience:

- Decreased sense of well-being
- Memory and concentration problems
- More falls
- Weight gain
- Aging skin
- Increased risk of serious health conditions, such as obesity, diabetes, cardiovascular conditions, high blood pressure, skin aging, cancer, dementia, depression, and anxiety.

Sleep Challenges

35.2% of all adults in the U.S. report sleeping an average of less than seven hours per night. Almost half of all Americans say they feel sleepy during the day between three and seven days per week.

Why is it challenging for you to get enough good quality sleep?
Check the boxes below.

- Medications
- Hormonal changes
- Anxiety
- Depression
- Having multiple health conditions
- Insufficient exposure to natural light (1 hour per day)
- Discomfort or pain
- Frequent urination
- Caffeine and/or alcohol consumption
- Retirement or not working outside the home
- Less structure in your day
- More serious sleep disorders
- Other: _____

Project Age Well

Wellness: *The Power of Sleep*



Improve your Sleep Habits!

Select the habits below that you could prioritize to improve your sleep, or write in your own!

Daytime

- Wake at the same time each day.
- Exercise regularly.
- Maintain healthy eating patterns.

Evening

- Limit exposure to bright light.
- Avoid caffeine consumption.

Bedtime

- Set a bedtime and stick to it!
- Establish a relaxing routine
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't get in bed unless you are sleepy.
- Use your bed only for sleep and sex.
- Get out of bed if you don't fall asleep within 20 minutes.
- Make your bedroom dark, quiet, safe and comfortable.
- Avoid large meals. If you are hungry, eat a light, healthy snack.
- Avoid alcohol and other fluids before bedtime.

Which additional habits can you add to your routine this week?

1) _____

2) _____

Project Age Well

Wellness: *The Power of Sleep*



Seeking Treatment

If a more serious sleep disorder is the cause of your sleep challenges, adjusting your sleep habits might not be enough. *Take the screening survey below to see if any of your symptoms might be consistent with a sleep disorder.*

Harvard Sleep Disorder Screening Survey

- I feel sleepy during the day, even when I get a good night's sleep.
- I get very irritable when I can't sleep.
- I often wake up at night and have trouble falling back to sleep.
- It usually takes me a long time to fall asleep.
- I often wake up very early and can't fall back to sleep.
- I experience an uncomfortable/restless sensation in my legs at night.
- My legs often move or jerk during the night.
- I sometimes wake up gasping for breath.
- My bed partner says my snoring keeps them from sleeping.
- I have fallen asleep while driving.

If you checked more than two boxes on this survey, you may have symptoms consistent with a sleep disorder.

THE GOOD NEWS: Sleep disorders are often highly treatable!

If you think you may have a sleep disorder, it is recommended that you check your symptoms with your primary care provider, a sleep specialist, or any other medical professional. To better understand your symptoms, try tracking your sleep patterns using the **Sleep Diary** or **Sleep Log** on the following pages.

Project Age Well

Wellness: *The Power of Sleep*



Resources

Harvard Sleep Disorders Screening Survey: online survey to help determine if an individual's symptoms are consistent with a sleep disorder.

<https://healthysleep.med.harvard.edu/healthy/getting/treatment/sleep-disorders-screening-survey>

Sleep Phases and Stages: educational article.

<https://www.nhlbi.nih.gov/health/sleep/stages-of-sleep>

Stanford LUNA Study: sleep study and treatment for anyone ages 50-90 that is experiencing memory problems, emotional distress (i.e. anxiety, depression, irritability), and sleep difficulty.

https://med.stanford.edu/copsynsleeplab/Participate2.html#luna_study

UCSF Osher Sleep Center Study: sleep study and treatment for anyone with trouble sleeping.

<https://www.sealab.ucsf.edu/oshercentersleep>

Sleep Diary: a fillable page for individuals to record nightly sleep-related information.

https://www.sleepfoundation.org/wp-content/uploads/2021/05/SleepFoundation_SleepDiary.pdf

Sleep Log: a page for individuals to record nightly sleep-related information.

https://www.sleepfoundation.org/wp-content/uploads/2020/12/SleepFoundation_SleepLog.pdf

Name: _____
 Start date: _____

Morning

| Day of week: | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--|------------|------------|------------|------------|------------|------------|------------|
| What time did you get into bed? | PM AM |
| What time did you try and go to sleep? | AM PM |
| How long did it take you to fall asleep? | HRS. MINS. |
| What time did you wake up this morning? | AM PM |
| How many times did you wake up during the night? | | | | | | | |
| No. of times | | | | | | | |
| No. of minutes | | | | | | | |
| Last night I slept a total of: | HRS. MINS. |
| How would you rate your sleep quality? | | | | | | | |

| | | | | | | | |
|-----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Very Poor | <input type="radio"/> |
| Poor | <input type="radio"/> |
| Fair | <input type="radio"/> |
| Good | <input type="radio"/> |
| Very Good | <input type="radio"/> |

Was your sleep disturbed by any factors?
 If so, list them here (ex. allergies, noise, pets, discomfort/pain, etc.)

Any other comments about your sleep worth noting?

Evening

| Day of week: | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| I consumed caffeine in the: (AM) morning, (PM) afternoon/evening, (LN) late night, (NA) | | | | | | | |
| AM, PM, LN, NA | | | | | | | |
| How many? | | | | | | | |
| How much exercise did you get today? | | | | | | | |
| No. of minutes | | | | | | | |
| Time of day AM, PM, LN, NA | | | | | | | |
| Did you take a nap? (check one) | Yes No |
| If yes, for how long? | | | | | | | |
| List all medications, vitamins, and supplements you took today | | | | | | | |

Approximately 2-3 hours before getting to bed, I consumed:

| | | | | | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Alcohol | <input type="radio"/> |
| 1+ glasses of water, juice, milk, etc. | <input type="radio"/> |
| A heavy meal | <input type="radio"/> |
| Caffeine | <input type="radio"/> |
| NA | <input type="radio"/> |

My nighttime routine included:
 (ex. taking a bath/shower, stretching, reading a book/magazine, using mobile devices or a computer)

Sleep Log

Please fill this out for the previous day and night no more than 3 hours after waking.
The information can be an estimate when necessary.



NAME _____ WEEK OF _____

| DAY | SUN | | MON | | TUES | | WED | | THURS | | FRI | | SAT | |
|---|-------|----|-------|----|-------|----|-------|----|-------|----|-------|----|-------|----|
| | Yes | No |
| Did you nap? | | | | | | | | | | | | | | |
| For how long? | mins. | |
| At what time? | | | | | | | | | | | | | | |
| Did you have any caffeine* after 6pm? | Yes | No |
| Did you drink alcohol after 6pm? | Yes | No |
| Did you use nicotine after 6pm? | Yes | No |
| Did you exercise? | Yes | No |
| Did you eat a heavy meal or snack after 6pm? | Yes | No |
| Did you take any sleeping medication | Yes | No |
| What medication? | | | | | | | | | | | | | | |
| Amount | | | | | | | | | | | | | | |
| At what time? | | | | | | | | | | | | | | |
| Were you sleepy during the day? | Yes | No |
| NIGHT | | | | | | | | | | | | | | |
| What time did you turn off the lights to go to sleep? | | | | | | | | | | | | | | |
| What time did you wake up? | | | | | | | | | | | | | | |
| How many total hours did you sleep? | | | | | | | | | | | | | | |
| How many times did you wake up in the night? | | | | | | | | | | | | | | |
| Rate the quality of your sleep: | O | O | O | O | O | O | O | O | O | O | O | O | O | O |
| Do you feel you got enough sleep? | | | | | | | | | | | | | | |

* Caffeine = coffee, tea, caffeinated soda, chocolate, energy drinks, certain medications.

Osher Center Sleep Group

UCSF Osher Center for Integrative Health

What is this group?

This is a non-pharmacological, behavioral treatment that does not utilize drugs and is designed to help with a variety of sleep problems. People who have trouble with falling asleep, staying asleep, waking up too early, or something else related to sleep quality or duration may be a good fit for this form of treatment.



Who is Dr. Ashley Mason?

Ashley Mason, Ph.D., is a Licensed Clinical Psychologist (PSY 26991) in the State of California and an Associate Professor of Psychiatry at the UCSF Department of Psychiatry and the UCSF Osher Center for Integrative Health. Dr. Mason completed her Ph.D. in Clinical Psychology at the University of Arizona, where she learned the nuts and bolts, as well as the full administration, of Cognitive Behavioral Therapy for Insomnia (CBT-I) from its creator, the late [Dr. Richard \(Dick\) Bootzin](#). Dr. Mason completed her residency in Behavioral Medicine at the VA Palo Alto Health Care System and Center for Health Care Evaluation in 2013 before joining UCSF as a research fellow. Since becoming an Associate Professor, Dr. Mason has resumed select clinical work – specifically, clinical work related to the treatment of sleep problems.

How does this group work?

There are three types of sessions that you will complete related to this group:

- One in-person individual intake with Dr. Mason a week or so before the first group session
- Five weekly group sessions with Dr. Mason and other group members
- One in-person individual session with Dr. Mason after the final group session

How much does it cost?

- Please see the [insurance coverage page](#) for instructions on verifying coverage through your insurance.
- The Osher Center has a discounted self-pay program. If you wish to pay out of pocket, email osher.sleepgroup@ucsf.edu and they will assist.

What is required to be in this group?

You need a diagnosis of Primary Insomnia from your primary care, or other, physician. This is ICD code F51.01.

When are the upcoming group cycles?

- Thursdays, March 3rd, 2022, through March 31st, 2022 (Full, waitlist closed)
- Wednesdays, May 11th, 2022, through June 8th, 2022 (Full, waitlist open)
- Thursdays, August 4th, 2022, through September 1st, 2022
- Thursdays, September 29th, 2022, through October 27th, 2022
- Wednesdays, January 4th, 2023, through February 1st, 2023

Are additional follow-up “booster” sessions available if I want to work on my CBT skills or want additional help?

- Yes. If you have completed CBT-I with Dr. Mason, and would like to schedule an individual booster session with Dr. Mason, please email her directly at the email address listed below.
- Please see the insurance information page for coverage information.

How do I get started?

Send an email to osher.sleepgroup@ucsf.edu to register for a spot.

Trouble Sleeping and Feeling Anxious, Depressed, or Irritable?



For information, please call
the LUNA Study at
(650) 849-0584
or fill out the interest form
at redcap.link/sleepstudies

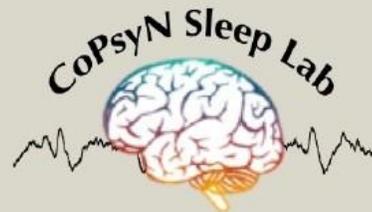


Stanford | MEDICINE

In order to participate, you
must have someone who can
act as a Study Partner to
describe your daily habits to
the research team.

Are You:

- 50 to 90 years old?
- Experiencing memory problems?
- Experiencing emotional distress such as anxiety, depression, or irritability?
- Experiencing sleep difficulty?



Eligible Participants Will Receive:

- Sleep evaluation
- MRI brain scan
- Individual treatment for insomnia
- Reimbursement for participation

*For participants' rights questions,
contact 1-866-680-2906*

Frequently Asked Questions

What is an EEG?

- An electroencephalogram (EEG) is a test that detects and records electrical activity in your brain using small, metal discs (electrodes) attached to your scalp. Your brain cells communicate via electrical impulses and are active all the time, even when you're asleep. EEG recordings help us understand more about your sleep issues.

Can I take the EEG off myself?

- No, a trained member of the study staff must remove all the electrodes. The equipment is very fragile and expensive and therefore needs to be done by a member of the study staff.

What is an MRI?

- MRI (magnetic resonance imaging) uses a strong magnetic field and radio waves to create detailed images of the organs and tissues within the body. For this study, we are only capturing photos of the brain. There is no radiation during a MRI and the procedure is non-invasive. If you feel uncomfortable during the scan, investigators will be able to hear you the entire time and the scan can be stopped or paused.

Can I close my eyes during the MRI?

- No, there are game-like tasks that you will need to complete while you are in the scanner. You will be looking at a TV and asked to respond to questions that appear on the screen.

Where are the study visits?

- Treatment sessions will be held over zoom (these may be conducted in person as COVID-19 Pandemic restrictions ease). Screening sessions will take place at 1520 Page Mill Road. Baseline and End of Treatment follow-ups will be in Building 420 on Stanford University's Campus.

How long is each session?

- The initial zoom screening and in-person evening screening session are about 1.5 hours each. The morning aspect of the screening session will take around 20 minutes. Both the baseline and ETX evening sessions will last around 2 hours. The successive baseline and ETX morning sessions will then last around 4 hours. Each treatment session will last around 60 minutes.

What is a study partner? Why do I need a study partner?

- A study partner can be anyone over 18 years old that you speak to regularly. Study partners will give the researchers additional information about your functioning during the study period. The study partner will be the same throughout the study.

What does a study partner do?

- Study partners have a few responsibilities. At the evening screening session, they will go over the consent form with a member of the study staff (around 20-25 minutes). In the morning screening session, they must complete a questionnaire and assessment with a member of the staff. Finally, at baseline, the end of treatment follow-up, and the six-month follow-up, the study partner must complete 2 questionnaires about the participant. The study partner pieces can be completed either in person or remotely.

Project Age Well

Nutrition: Meal Planning for Wellness



Setting Intentions: What is one thing you would like to try or accomplish in the next several months?

I would like to... _____

_____.

What does your current meal plan look like?

Sometimes, the first step toward where we are going is knowing where we currently are.

Take a few minutes to write down everything you ate & drank yesterday. This can help us see trends in what and how we eat.

| | |
|---|--|
| 1st meal/snack Time: _____ | |
| 2nd meal/snack Time: _____ | |
| 3rd meal/snack Time: _____ | |
| 4th meal/snack Time: _____ | |
| 5th meal/snack Time: _____ | |

Pause and Reflect:

- How do you determine what you will purchase or prepare? _____

- What, if anything, would you like to change about your meal plan?

Project Age Well

Nutrition: Meal Planning for Wellness



Community Food Resources

The first step to planning healthy, tasty meals is having regular access to healthy, tasty foods. For general information about finding food, you can **call 2-1-1**.

You can also use this link to see a **map of food resources** close to your address:

<http://www.acgov.org/maps/food-services.htm>

| | |
|---|--|
| <p>Money for Food</p>  | <p>CalFresh (i.e., SNAP benefits, food stamps) are available to SSI beneficiaries! Complete an application in 10 minutes and submit proof of ID and SSI benefits. Call 510-635-3663 or visit: https://www.getcalfresh.org/en/apply</p> <p>Market Match – Double your CalFresh funds up to a certain amount by using CalFresh at local farmers markets. Visit the information booth at any farmers market for details.</p> |
| <p>Prepared Meals</p>  | <p>Community dining or grab-and-go options are available for adults aged 60+ at many sites throughout the county.</p> <p>Home-delivered meals are available for those who are homebound. Services include Project Open Hand, LIFE Eldercare, Spectrum, and Meals on Wheels.</p> <p>Call 510-577-3530 or visit https://tinyurl.com/alamedafood to learn more about services in your area.</p> <p>Project Open Hand Wellness Program</p> <p>Project Open Hand Wellness offers prepared meals and groceries for those living with certain chronic conditions (ex: HIV/AIDS, Hepatitis C, diabetes, cancer stage 3 and 4, recent major surgery). Reach out to Project Age Well staff to see if you qualify for meals and/or groceries when this program ends.</p> |
| <p>Groceries</p>  | <p>Groceries are available at Alameda County Community Food Bank pantry sites and via delivery!</p> <p>Call 510-635-3663 or visit www.foodnow.net to find a location near you or sign up for delivery services.</p> |

Project Age Well

Nutrition: Meal Planning for Wellness



Zoom In: How can we get the most out of grocery store shopping?

Pause and reflect:

- What strategies do you use to save money at the supermarket?
- Where do you feel like you spend too much?

Here are a few ideas for saving money and reducing waste with items available at the grocery store:

1) Consider the most affordable foods in the grocery store or market.

- Seasonal fruit and vegetables
- Staple fruit and vegetables – *apples, bananas, oranges, onions, cabbage, carrots*
- Starchy vegetables – *corn, potatoes, sweet potatoes*
- Frozen fruit and vegetables
- Plant proteins – *dried beans, lentils, nut butter*
- Eggs
- Bulk whole grains – *oats, barley, brown rice*
- Nuts and seeds
- Canned ingredients (*low-sodium*)

2) Purchase a mix of produce that stays fresh longer and spoils quicker.

Use the foods that will spoil sooner first!

| Stay Fresh Longer | Spoil Quicker (<i>less than 1 week</i>) |
|---------------------------------------|---|
| beets | bananas |
| broccoli | berries |
| cabbage | eggplant |
| carrots | herbs |
| cauliflower | leafy greens |
| citrus (<i>oranges, grapefruit</i>) | mushrooms |
| onion | peppers |
| potatoes or sweet potatoes | summer squash |
| winter squash | zucchini |
| frozen vegetables | |



Project Age Well

Nutrition: Meal Planning for Wellness



3) Try adding plant proteins for savings and wellness!

Incorporate Meatless Proteins



- Plant-based protein foods are cheaper than meat by the serving.
- Buying them dry and in bulk can help you save.
- Plant-based proteins bring fiber and lower saturated fat, too!

4) Compare the cost per unit!

- For foods we eat regularly, a larger “economy” container may save money.
- Generic or store brand will reduce cost for pantry staples such as grains, beans and canned foods.



5) Buy in bulk when it makes “cents”.

Bulk foods are cost effective when they naturally have a longer shelf life, you can freeze them for later use or you will use them before they go bad. Ask yourself:

- Will I eat this amount before it goes bad? Or can I freeze it?
- Do I have space for it?
- Will I really use it, or am I purchasing it because of a special or promotion?

Project Age Well

Nutrition: Meal Planning for Wellness



Pause and Reflect:

- What else (*in addition to the resources above*) would be useful in helping you access healthful, quality food?
- What tips can you share with the group about food resources? What tips do others have for you?

Additional Resources

1) Transportation to and from the market:

- Paratransit (\$4 each one-way trip)
510-287-5000
- Clipper card senior discounts
711 or 800-735-2929
- VAST Volunteers Assisting Seniors with Transportation (*Tri-Valley*)
925-931-5379 or info@ssptv.org
- LIFE Eldercare (*all Alameda County*)
510-894-0370 or info@lifeeldercare.org
- Mobility 4 All (*East Oakland; 1 Lyft ride/month*)
510-990-0775 or info@eastoaklandcollective.com



2) A flexible meal plan!

The template on the following page outlines steps for creating a flexible meal plan and grocery list.

Let's look at the steps for a flexible meal plan together.

Project Age Well

Nutrition: Meal Planning for Wellness



Group Activity: Create a Flexible Plan for Balanced Meals

Everyone plans meals differently, but we can keep a few key steps in mind. Use your own experience to complete the steps below.

1) Think about what you're craving – what you want on your balanced plate.

Some things I want right now are:

- Colorful vegetables: _____

- Flavors / cuisine: _____

- Other: _____
- Other: _____



2) Take stock of what you have – produce in the refrigerator, leftover ingredients from a Project Open Hand grocery delivery?

| Have Already or Need to Use | | |
|-----------------------------|-------------------------------|---------------|
| Non-Starchy Vegetables | Starchy Vegetables | Fruit |
| | | |
| Whole Grains | Lean Protein (plant & animal) | Other Staples |
| | | |

Project Age Well

Nutrition: Meal Planning for Wellness



3) Search for meal and ingredient ideas – Meal planning can include thinking about complete meals and/or simply thinking through separate ingredients that might be prepared in advance and used later.

Combine what you're craving with what you need to use. Let's practice!

Example: Using leftover leafy greens



List as many ways to use leafy greens that you can think of:

- Sauté with garlic and lemon
- Wilt into a stir fry
- _____
- _____
- _____

What are some “go-to” meals or ingredients you could prepare on a regular basis?

| Meal and Ingredient Ideas | | |
|---------------------------|---------|---------|
| Idea #1 | Idea #2 | Idea #3 |
| | | |

Need ideas? Visit the internet to enter a search. You can search using “key terms”.

For example:

- 1) Enter combinations of ingredients, such as “zucchini”, “chickpea”.
- 2) Add a type of meal, such as “dinner” or “one-pot meals”.
- 3) Add a type of cuisine, such as “Indian”.
- 4) Add details about level of skill or time, such as “simple,” “quick” or “easy”.

You can also visit specific websites such as [EatFresh.org](https://eatfresh.org) where you can easily select recipes by ingredient, type of dish, amount of time required to prepare and more! Visit: <https://eatfresh.org/>

Project Age Well



Nutrition: Meal Planning for Wellness

4) **Use a grocery list!** Using a grocery list cuts down impulse purchases and keeps you focused on savings and wellness.

| Grocery List | | |
|------------------------|-------------------------------|---------------|
| Non-Starchy Vegetables | Starchy Vegetables | Fruit |
| | | |
| Whole Grains | Lean Protein (plant & animal) | Other Staples |
| | | |

Wellness Activity: A Plan for Healthy Meals

1) Try one strategy for **meal planning** this week. You can use the template on the next page, if you find it helpful!

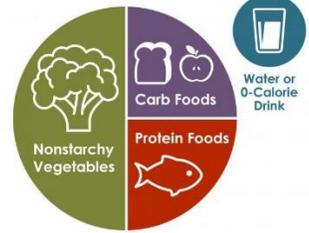
and / or

2) Choose one **strategy for savings** on healthy foods to try:

- Apply for CalFresh.
- Use CalFresh benefits at your local farmers market.
- Visit www.foodnow.net to locate a grocery pick-up site near you.
- Stock up on affordable foods such as seasonal vegetables, frozen vegetables and fruit, or low-sodium canned ingredients.
- Include a plant protein source such as beans, lentils, nuts, or tofu.
- Compare the cost per unit of certain foods.

Planning for...

- Real food
- A balanced plate
- Variety and color
- Personal flavor!



| What do I want? What am I craving? |
|------------------------------------|
| |

| Have / Need to Use | | |
|------------------------|-------------------------------|---------------|
| Non-Starchy Vegetables | Starchy Vegetables | Fruit |
| | | |
| Whole Grains | Lean protein (plant & animal) | Other Staples |
| | | |

| Ideas for Meals OR Ingredients | |
|--------------------------------|----------------|
| Breakfast | Lunch / Dinner |
| | |

| Grocery List | | |
|------------------------|-------------------------------|---------------|
| Non-Starchy Vegetables | Starchy Vegetables | Fruit |
| | | |
| Whole Grains | Lean protein (plant & animal) | Other Staples |
| | | |



**Official USDA Food Plans: Cost of Food at Home at Three Levels,
U.S. Average, May 2022¹**

| Age-sex groups | Weekly cost ² | | | Monthly cost ² | | |
|---------------------------------|--------------------------|--------------------|--------------|---------------------------|--------------------|--------------|
| | Low-cost plan | Moderate-cost plan | Liberal plan | Low-cost plan | Moderate-cost plan | Liberal plan |
| Individuals ³ | | | | | | |
| Child: | | | | | | |
| 1 year | \$34.40 | \$39.00 | \$47.60 | \$148.90 | \$168.80 | \$206.40 |
| 2-3 years | \$36.50 | \$43.70 | \$53.20 | \$158.30 | \$189.50 | \$230.40 |
| 4-5 years | \$37.40 | \$46.50 | \$56.50 | \$162.20 | \$201.70 | \$245.00 |
| 6-8 years | \$53.20 | \$63.70 | \$75.30 | \$230.50 | \$276.20 | \$326.10 |
| 9-11 years | \$56.90 | \$73.60 | \$85.60 | \$246.50 | \$319.00 | \$371.00 |
| Male: | | | | | | |
| 12-13 years | \$65.40 | \$81.80 | \$96.00 | \$283.40 | \$354.40 | \$416.10 |
| 14-18 years | \$66.10 | \$84.00 | \$97.10 | \$286.40 | \$363.80 | \$420.50 |
| 19-50 years | \$65.80 | \$82.40 | \$100.80 | \$285.00 | \$357.30 | \$436.70 |
| 51-70 years | \$62.00 | \$78.20 | \$93.60 | \$268.90 | \$338.80 | \$405.40 |
| 71+ years | \$61.20 | \$75.80 | \$93.40 | \$265.30 | \$328.50 | \$404.50 |
| Female: | | | | | | |
| 12-13 years | \$56.10 | \$67.50 | \$83.30 | \$243.10 | \$292.70 | \$360.80 |
| 14-18 years | \$55.90 | \$66.90 | \$82.60 | \$242.10 | \$290.00 | \$357.90 |
| 19-50 years | \$57.10 | \$69.90 | \$89.30 | \$247.40 | \$302.70 | \$387.10 |
| 51-70 years | \$55.60 | \$69.40 | \$83.90 | \$241.00 | \$300.50 | \$363.70 |
| 71+ years | \$55.10 | \$68.30 | \$82.20 | \$238.80 | \$295.90 | \$356.10 |

¹ The Food Plans represent a nutritious diet at three different cost levels. The nutritional bases of the Food Plans are the 1997-2005 Dietary Reference Intakes, 2005 Dietary Guidelines for Americans, and 2005 MyPyramid food intake recommendations. In addition to cost, differences among plans are in specific foods and quantities of foods. Another basis of the Food Plans is that all meals and snacks are prepared at home. For specific foods and quantities of foods in the Food Plans, as well as the methodology used to update the monthly costs of the Food Plan market baskets, see [The Low-Cost, Moderate-Cost, and Liberal Food Plans, 2007](#). All three Food Plans are based on 2001-02 data and updated to current dollars by using the Consumer Price Index for specific food items. Reevaluation of the Thrifty Food Plan, 2021 begins the process to address the three other USDA Food Plans: the Low-Cost, Moderate-Cost, and Liberal Food Plans.

² All costs are rounded to nearest 10 cents. Monthly costs are calculated by multiplying the weekly costs by 4.333.

³ The costs given are for individuals in 4-person households. For individuals in other size households, the following adjustments are suggested: 1-person—add 20 percent; 2-person—add 10 percent; 3-person—add 5 percent; 4-person—no adjustment; 5- or 6-person—subtract 5 percent; 7- (or more) person—subtract 10 percent. To calculate total foods costs for a household, (1) sum the food costs for each individual in the household and then (2) apply the appropriate adjustment factor based on household size.

This file may be accessed at: <https://www.fns.usda.gov/cnpp/usda-food-plans-cost-food-reports-monthly-reports>.

Issued June 2022.

Project Age Well

Wellness: Preventing Falls



Did you know?

Falls are not considered a normal part of aging. Nevertheless, they are common.

| | |
|--|--|
| <p>1 OUT OF 4 Adults aged 65 and older will fall each year.</p>  | <p>Less than half of older adults</p>  <p>talk to their healthcare professionals about falls and fall prevention.</p> |
| <p>Falls are the 2nd LEADING CAUSE of accidental or unintentional injury deaths worldwide.</p> | <p>More than  95% of hip fractures in older adults are caused by falls.</p> |
|  <p>Older adults with VISION PROBLEMS are more likely to suffer falls.</p> | <p>EVERY 19 MINUTES an older adult dies from a fall.</p> |
| <p>WOMEN ARE 2X MORE LIKELY</p>  <p>to suffer fall-related fractures than men.</p> | <p>Falls are the MOST COMMON CAUSE OF TRAUMATIC BRAIN INJURIES</p>  <p>in older adults.</p> |

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Wellness: Preventing Falls



Fall Risk Self-Assessment

In the green column, put an “X” next to each statement that is TRUE for you. Then, add up your score.

| | Risk statement |
|--|---|
| | I have fallen in the past year. |
| | I use or have been advised to use a cane or walker to get around safely. |
| | Sometimes, I feel unsteady when walking. |
| | I steady myself by holding onto furniture when walking at home. |
| | I am worried about falling. |
| | I have some trouble stepping up onto a curb. |
| | I often have to rush to the toilet. |
| | I have lost some feeling in my feet. |
| | I take medicine that sometimes makes me feel light-headed or more tired than usual. |
| | I take medicine to help me sleep or to improve my mood. |
| | I often feel sad or depressed. |

Total: _____

If you scored four or more points, you may be at risk of falling.

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Wellness: Preventing Falls



Reduce Your Risk of Falling

Reducing our risk of falling does not mean that we must avoid the things we enjoy because they carry some risk. Reducing our risk simply means that we remain aware and put systems into place that allow us to live our lives safely. *Put a check next to the items below that you will to do reduce your risk of falling.*

Check your medication with your doctor.

Why: Prescription and over-the-counter medications may cause side effects or interact with other medications.

Manage hearing and vision problems.

Why: Many falls occur because individuals do not see or hear objects around them.

Use assistive devices, such as a cane or a walker.

Why: Assistive devices can increase stability and prevent unexpected falls from occurring.

Wear sensible shoes.

Why: Shoes that are the right size, worn properly, and have a back and non-slip grip can reduce the risk of falls.

Keep your home safe.

Why: Most falls happen inside the home and could be prevented by home improvements.

Build strength, balance, coordination, and flexibility.

Why: Maintaining mobility can decrease the risk of falls.

Stay hydrated.

Why: Water helps lubricate our joints to help us move and avoid the effects of dehydration, such as dizziness.

Eat well.

Why: Eating regularly helps us keep our energy levels up and our blood sugar levels stable, preventing us from feeling dizzy. Eating a variety of nutrients, such as Vitamin D, B12, and calcium, can help keep our minds, muscles, and bones strong.

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Wellness: Preventing Falls



How Many Hazards Can You Spot?

Circle them below.



Most falls occur inside the home. Take a moment to identify two changes you can make to reduce your risk of falling in your home.

Strategy #1: _____

Strategy #2: _____

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Wellness: Preventing Falls



What to Do if I Fall?

Falls can happen to anyone. If you do fall, follow these steps to reduce your risk of injury and prevent a fall from happening again.

| | |
|--|---|
| Stay as calm as possible. | <ul style="list-style-type: none">✓ Remain on the ground for a few moments and take slow, deep breaths to get past feelings of shock. |
| Decide if you are hurt before getting up. | <ul style="list-style-type: none">✓ If you think you can get up safely without help, roll over slowly onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees. Crawl to a sturdy chair for assistance, if possible.✓ If you are hurt or cannot get up on your own, ask someone for help or call 911. If you are alone, try to get into a comfortable position and wait for help to arrive.✓ If you think or know you hit your head, seek medical attention. |
| Try to identify the cause. | <ul style="list-style-type: none">✓ Check the location for safety hazards, such as a wet floor, clutter, poor lighting, or unsafe furniture.✓ Consider how you felt prior to falling – did you feel dizzy or unstable? Why?✓ Make changes to correct them as soon as possible. |
| Talk to your doctor. | <ul style="list-style-type: none">✓ Do your best to recount the incident.✓ Ask for help to identify the cause and prevent future falls. |

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Wellness: Preventing Falls



Resources

Falls Risk Self-Assessment: online tool to help you gauge your risk of falling

<https://www.ncoa.org/article/falls-free-checkup>

Morelifehealth.com: A website with various pre-recorded videos, designed for older adults and led by a physiotherapist.

Morelifehealth.com

Falls Prevention Awareness in Public Transportation, National Council on Aging

<https://www.ncoa.org/article/falls-prevention-public-transportation>

Falls Prevention Guide for Caregivers, National Council on Aging

<https://www.ncoa.org/article/falls-prevention-conversation-guide-for-caregivers>

18 Steps to Fall Proofing Your Home, National Council on Aging

<https://www.ncoa.org/article/18-steps-to-fall-proofing-your-home>

Exercises to Improve Strength and Balance

To prepare:

- 1) Wear safe and sturdy shoes.
- 2) Ensure you have open space, free of obstacles.
- 3) Get a sturdy chair without wheels.
- 4) Listen to your body and stop at the first sign of pain.
- 5) Talk to your doctor if you have concerns about safely completing any exercises.



March in Place

For added stability, do this exercise in front of a chair.

- Standing up straight, lift your right knee as high as you can.
- Lower it, then lift the left leg.
- Lift and lower your legs 20 times.



Calf Stretches

Standing: Find empty space on a wall without windows or decorations.

- Face the wall and place your hands on the wall at eye level.
- Step back with your left leg and slightly bend your right knee.
- Stretch your left leg by gently pushing your left heel to the ground.
- Hold for 15 to 30 seconds.

Sitting: Sit on the floor with your legs straight.

- Put the towel or exercise band around the soles of your right foot and hold both ends.
- Pull the towel gently towards you, keeping your leg straight.
- Hold for 15 to 30 seconds.



Walking Heel to Toe

For added stability, walk along a counter top.

- Put your right foot in front of your left foot so that the heel of your right foot touches the toes of your left foot.
- Step your left foot in front of your right, putting your weight on your heel first, and then onto your toes.
- Repeat the step with your right foot.
- Walk this way for 20 steps.



Single Limb Stance

For added stability, hold on to a chair or counter.

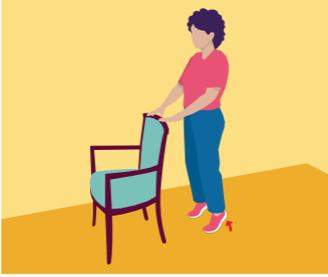
- Lift up your right foot and balance on your left foot. Hold that position for as long as you can, then switch feet.
- Eventually, the goal should be to stand on one foot without holding onto the chair for up to a minute.



Single Limb Stance with Arm Raise

For added stability, hold on to a chair or counter.

- Stand with your feet together and arms at your side.
- Lift your left hand over your head.
- Then, slowly raise your left foot off the floor.
- Hold that position for 10 seconds.
- Repeat the same action on the right side.



Toe Lifts

For added stability, hold on to a chair or counter.

- Stand up straight.
- Raise yourself up on your toes as high as you can go, then gently lower yourself.
- Don't lean too far forward on the chair or counter.
- Lift and lower yourself 20 times.



Back Leg Raises

- Stand behind a chair.
- Slowly lift your right leg straight back – don't bend your knees or point your toes.
- Hold that position for one second, then gently bring your leg back down.
- Repeat this 10 to 15 times per leg.



Side Leg Raise

- Stand behind the chair with your feet slightly apart.
- Slowly lift your right leg to the side, keeping your leg straight.
- Keep your back straight, your toes facing forward, and look ahead.
- Lower your right leg slowly.
- Repeat this exercise 10 to 15 times per leg.

Activity: Stretch and Balance!

Why? Regular practice of stretching and balance can help us move better, decrease pain, and reduce the risk of falls.

Instructions:

1. Pick 3 different stretching exercises *and* 3 different balancing exercises to complete this week. Use the exercise examples from your handouts or choose your own!
2. Use the calendar below to record your progress by checking the box when you complete.

General guidance: Unless otherwise indicated, hold exercises for 30 seconds on each side of the body to start, and increase the amount of time as you get more comfortable!

| Day of the Week | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-------------------|-----|------|-----|-------|-----|-----|-----|
| Stretch Exercises | #1 | | | | | | |
| | #2 | | | | | | |
| | #3 | | | | | | |
| | | | | | | | |
| Balance Exercises | #1 | | | | | | |
| | #2 | | | | | | |
| | #3 | | | | | | |

Project Age Well

Nutrition Class: Cooking for Wellness



Finding Motivation:

We are more likely to act if we have the motivation and the ability to do so.

1. What is one reason **WHY** you want to cook your meals? _____

2. What is **ONE THING** you either like to cook or would like to learn to cook?

Steps to Success: Food for Savings and Health



Strategies for Smart Cooking

1) Know Yourself.

What is your relationship with cooking meals?

- I do not enjoy it. I cook very infrequently.
- I do not enjoy it, but I force myself to cook.
- I do not mind it, but I do not have the time.
- I do not mind it, but I do not know how.
- I enjoy cooking, and I cook often.
- Other: _____

Pause and Reflect

I am most likely to prepare healthful meals if:

Ex: I don't have to clean many dishes.

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Nutrition Class: Cooking for Wellness



2) Beat the Clock.

What are some ideas you have for saving time when preparing meals?



Idea: Stock up on food staples for regular use.

| | |
|--------------|---|
| Pantry | <ul style="list-style-type: none"> • Dried or canned beans* • Nuts* – almonds, cashews, pecans, pistachios, walnuts • Nut butters (<i>no added sugars</i>) • Seeds – chia, flax, hemp • Broths* • Canned vegetables* • Canned fish* • Grains: oats, amaranth, barley, buckwheat, bulgur, farro, millet, quinoa, pasta, popcorn, whole grain tortillas |
| Refrigerator | <ul style="list-style-type: none"> • Eggs • Milk or plant-based alternative • Yogurt • Condiments* - miso, mustard, soy sauce /tamari/coconut aminos, hot sauces |
| Freezer | <ul style="list-style-type: none"> • Fruit (<i>no added sugars</i>) • Poultry or meat • Fish • Vegetables: broccoli, carrots, corn, edamame, peas, mixed |

*Look for low-sodium or no sodium options.

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Nutrition Class: Cooking for Wellness



When selecting packaged foods, use the label to check sodium levels:

Be a **sodium** sleuth!

Look for the top three labels to ensure low sodium!

Table 1-2: Legal definition of labeling terms

| Claim on Package | Sodium Quantity |
|---------------------------|--|
| Sodium-free or salt-free | Each serving contains less than 5 mg of sodium. |
| Very low sodium | Each serving contains 35 mg of sodium or less |
| Low sodium | Each serving contains 140 mg of sodium or less. |
| Reduced or less sodium | Product contains at least 25% less sodium than regular version. |
| Lite or light in sodium | Sodium content has been reduced by at least 50% from regular version. |
| Unsalted or no salt added | No salt is added during processing of the food. Remember, some foods with these labels may naturally contain high amounts of sodium or contain ingredients containing large amounts of sodium. |



Staples that can replace table salt when cooking:



smoked paprika



dried onion



tomato paste



fresh onion & garlic

Idea: Stock up on key pieces of equipment to make cooking easier. Which of the following would be useful for you?



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3) Use a Meal Plan

Visit materials from the **“Meal Planning for Savings and Wellness”** class.

- Pick a day of the week to plan.
- Think about what you want or crave.
- Assess what you have and need to use.
- Think of a one-pot meal OR 1-2 ingredients -- whole grains, protein foods and vegetables that use some of the items you already have.
- Make a grocery list for items to fill the gaps.

4) Batch Cook Meals or Ingredients

Step 1: Choose one-pot meals or several ingredients to mix and match.

| Option 1: One-Pot Meals | Option 2: Think in Parts |
|--|--|
| <ul style="list-style-type: none"> • Soups & stews • Chili • Curries • Meatballs • Roast chicken with vegetables • Frittatas • What else? _____ • What else? _____ | <p><u>Protein:</u></p> <ul style="list-style-type: none"> • Beans • Lentils • Meatballs • Chicken breast • Boiled eggs <p><u>Grains</u></p> <ul style="list-style-type: none"> • Barley • Brown rice <p><u>Vegetables:</u></p> <ul style="list-style-type: none"> • Roasted vegetables • Steamed or blanched vegetables |

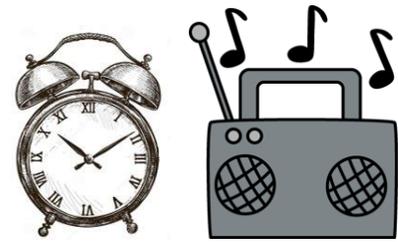
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Nutrition Class: Cooking for Wellness



Step 2: Set aside 1-2 hours to cook.

Step 3: Bring some joy! Play some music, listen to a podcast, call a friend or use quiet time to think.



Step 4: Lay out all of your ingredients and tools.

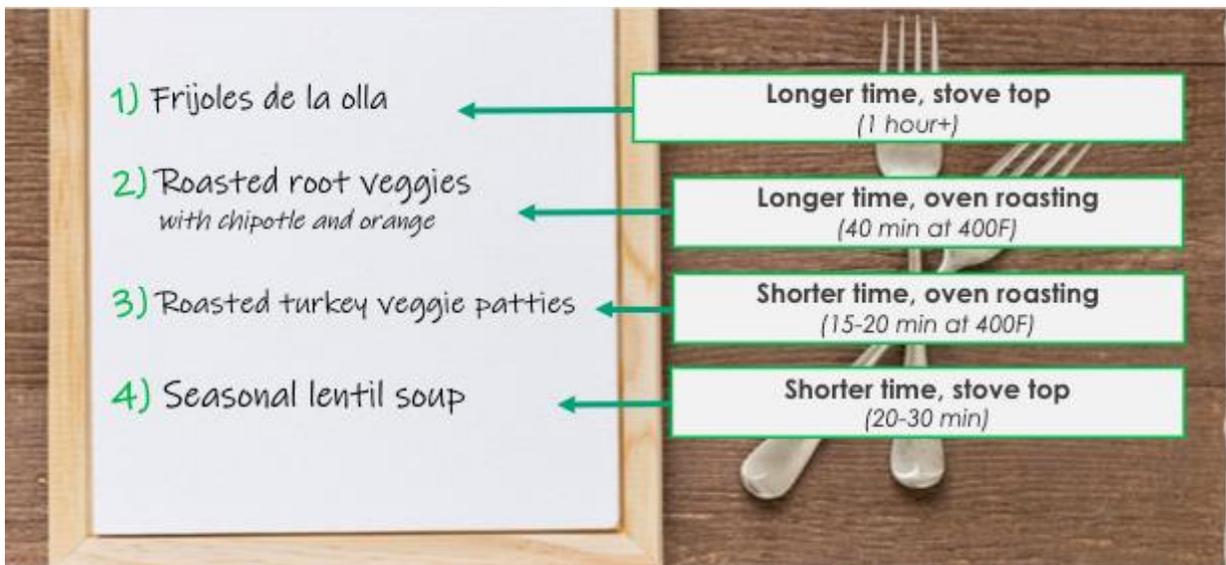


Step 5: “Mise en place” or “putting in place” – Prepare all of your ingredients by chopping, peeling or grating before cooking the dish.

Tip: You can freeze ingredients at this point for later use!

Step 6: Order your dishes to save time. Start with the dish that will cook on its own the longest. This allows moving on to other dishes while it cooks.

For example:



Step 7: Package cooled food for storage in the refrigerator or freezer. See the resource following this handout for safe storage steps!

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Nutrition Class: Cooking for Wellness



Wellness Activity: Get cooking!

1. Think about what you have on hand or what you might like to eat this week. Identify **one dish or 1-2 ingredients** you could practice bulk preparation with.

Some bulk cooking options:

Meals

Soup/stew

Curry

Turkey meatballs/patties

Frittata

Pasta dish

Other: _____

Ingredients

Lentils/beans

Hard boiled eggs

Brown rice

Roasted vegetables

Roasted chicken

Other: _____

2. Plan a time that works and prepare your bulk foods. Use the steps outlined in today's handout to help you.
3. Take a picture of the final dish and send it to us!

Email: agewell@openhand.org

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Nutrition Class: Cooking for Wellness



Resources: Recipe sites and tutorials

Eatfresh.org (<https://eatfresh.org/find-a-recipe>) – CalFresh resource for recipes for meals on a budget; many filters by dietary needs and cooking environment; ask a dietitian feature for chronic conditions

USDA Recipe Finder (<https://www.nutrition.gov/recipes>) – Helpful filters and search tool by meal type, food group, time available, and more!

Diabetes Food Hub (<https://www.diabetesfoodhub.org/all-recipes.html>)

Budget Bytes (<https://www.budgetbytes.com/>) – Delicious recipes for small budgets

Feasting at Home (<https://www.feastingathome.com/>) – simple, seasonal, veggie-focused recipes

Toaster Oven Love (<https://toasterovenlove.com/>) – Recipes and how-to guides for cooking healthy meals with a toaster oven or microwave!

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Nutrition Class: Cooking for Wellness



Roasted root vegetables

Ingredients

- 6 cups starchy vegetables
(yams, potatoes, turnips,
carrots, beets)
- 4 cloves garlic*
- 1 medium onion*
- 4 Tablespoons olive oil



For chipotle orange version:

- 1 large navel orange, peeled and segmented
(½ can orange segments, in juice)
- 2 chipotles from canned in adobo sauce, seeds removed

Oven: 400°F

Instructions

1. Chop root vegetables into 1" cubes and place in large mixing bowl. Note: If using beets, chop into smaller cubes, as they take longer to cook in larger pieces.
2. Chop garlic cloves into small, minced pieces. Remove skin from onion and slice onion into wedges. Add these or garlic / onion powders to mixing bowl.
3. Drizzle in olive oil and toss to mix.
4. If chipotle orange:
 - Add orange segments to bowl, squeeze juice from several segments onto other ingredients.
 - Slice chipotles in half, remove seeds and chop into small pieces. Add to mixing bowl. Toss to coat.
5. Spread in a single layer on a baking sheet (9"x13" or larger) and bake for 35-40 minutes, stirring vegetables once after about 20 minutes.
6. Serve alongside a lean protein such as roasted chicken or on top of lentils with a ½ plate of non-starchy vegetables such as stir-fried cabbage!



Keep the peel: The peels of many root vegetables are full of fiber and some vitamins and minerals. They also help seal in moisture and add texture to dishes. Peels should be removed from: parsnips, turnips, rutabagas.

Find your Flavor: Toss the vegetables and olive oil with any of your favorite herbs or spices. In general, use 1/3 the amount of dried herbs to fresh.

*1 clove garlic = about ½ teaspoon garlic powder

*1 medium onion = about 1½ teaspoon onion powder

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Nutrition Class: Cooking for Wellness



Veggie frittata

Ingredients

- 8 large eggs
- ¼ cup milk or plant-based milk
- 3 cups non-starchy vegetables
(ex: broccoli, asparagus, mushrooms, bell pepper)
- 3 cloves garlic*
- ¼ teaspoon black pepper
- Pinch salt
- 1 Tablespoon olive oil
- ¼ cup shredded cheese (optional)



Oven: 400°F

Instructions

1. Whisk the eggs, milk, and black pepper until combined. Set aside.
2. Heat olive oil in iron skillet or other oven-safe pan over medium heat. Add vegetables beginning with denser ones (e.g., broccoli, onion), sprinkle with pinch of salt and cook for 5-8 minutes, stirring occasionally, adding more delicate vegetables (e.g., mushrooms, leafy greens) several minutes into cooking.
3. Remove from heat and cool.
4. Replace on low heat and add egg mixture, gently stir to distribute egg and vegetables. Sprinkle with cheese, if using.
5. Allow to cook for 2-3 minutes until eggs are set on the very edge of the pan. Transfer to oven and bake for 9-11 minutes until eggs are just set.
6. Cool and serve with a serving of starchy veg or complex carbohydrate and a leafy green salad!



Try individual portions: Grease a muffin tin with cooking oil and evenly distribute sautéed veggies between 8 muffin cups. Fill ¾ full with beaten egg, sprinkle small amount of cheese and bake for 9 minutes until eggs are puffy and just set.

Cool off: If the skillet gets too hot while cooking vegetables, add a small amount of water or broth to cool the pan and prevent over-browning.

Project Age Well

Nutrition Class: Cooking for Wellness



Roasted turkey meatballs

Ingredients

| | |
|--------------|------------------------------------|
| 1 pound | ground turkey |
| 1 | egg |
| ¼ cup | fresh parsley or basil, chopped |
| ¼ teaspoon | salt |
| ½ teaspoon | black pepper |
| ½ teaspoon | garlic powder |
| 1 Tablespoon | olive oil |



Oven: 400°F

Instructions:

1. In a medium bowl, add turkey, egg, herbs and spices. Mix well with your hands or a large spoon.
2. Form into 8-10 balls, and place in an 8" square or other baking pan, lined with parchment or coated lightly in vegetable/olive oil to prevent sticking.
3. Bake for 18-20 minutes until meat is moist and juices run clear.
4. Remove from heat and let rest for 5-10 minutes. Serve alongside a serving of starchy veg or complex carbohydrate and half a plate of non-starchy vegetables such as roasted cabbage, squash or peppers!



Find your Flavor! This basic recipe can be modified with ½ teaspoon of your favorite dried herbs or spices – oregano, rosemary, thyme or paprika.

Very versatile: These turkey meatballs can be used in much more than a delicious pasta dish. A batch can be used in:

- meatball "sub" sandwich
- nourish grain or salad bowls
- crumbled on tacos or on flatbread
- Mediterranean pita sandwiches

Project Age Well

Nutrition Class: Cooking for Wellness



Roasted chicken

Ingredients

| | |
|--------------|--------------------|
| 4-5 | chicken breasts |
| ¼ teaspoon | salt |
| ½ teaspoon | black pepper |
| ½ teaspoon | garlic powder |
| ½ teaspoon | paprika (optional) |
| 1 Tablespoon | olive oil |



Oven: 400°F

Instructions:

1. Season chicken on both sides with black pepper, salt, garlic and paprika.
2. Bake for 20-22 minutes until meat is moist but not pink and juices run clear when pierced with fork. Note: Large chicken breasts may take up to 25 minutes.
3. Remove from heat and let rest for 5-10 minutes. Serve alongside a serving of starchy vegetable or complex carbohydrate and half a plate of non-starchy vegetables such as roasted cabbage, squash or peppers!



Find your Flavor! This basic recipe can be modified with 1 teaspoon of your favorite dried herbs or ½ teaspoon of your favorite dried spices.

Add non-starchy vegetables to the pan with chicken for a nearly complete meal in one.

Quick cooking: Breast tenderloins cook even more quickly! Reduce the cooking time to 15-18 minutes.

Shredded chicken is great for salads, chicken salad sandwiches and enchiladas. Cubed chicken can be added to stir fries or curries!

Project Age Well

Nutrition Class: Cooking for Wellness



Vegetarian Bolognese Sauce

Ingredients

| | |
|---------------|-----------------------------|
| 2 Tablespoons | olive oil |
| 1 | medium onion, diced |
| 2 | ribs celery, chopped |
| 2 | carrots, chopped |
| ½ head | cauliflower, finely chopped |
| 4 cloves | garlic, chopped |
| ¼ cup | tomato paste |
| 2 cups | vegetable broth |
| ½ cup | low-fat milk (optional) |
| 14.5 oz. can | crushed or diced tomatoes |
| 1 teaspoon | oregano |
| 1 | bay leaf |
| ¼ cup | parmesan cheese (optional) |



Instructions:

1. Heat oil in large pan over medium. Add vegetables, a pinch of salt and cook 4-5 minutes until slightly softened. Add garlic and tomato paste, stir and cook additional 2-3 minutes.
2. Stir in crushed tomatoes, broth/water, and milk, oregano and bay leaf. Reduce heat to medium low and simmer for 20-25 minutes until vegetables are very soft.
3. Stir in grated parmesan and add a sprinkle of red chili flakes if you like spicy foods.
4. Serve with turkey meatballs or mix with cooked lentils for a stew!

Project Age Well

Nutrition Class: Cooking for Wellness



Basic lentil preparation

Ingredients

| | |
|------------|------------------------------|
| 1 cup | brown or green lentils |
| 4 cups | water or low-sodium broth |
| ¼ teaspoon | garlic powder |
| 1 | bay leaf (<i>optional</i>) |



Instructions:

1. Combine all ingredients in a medium saucepan and bring to a boil.
2. Upon boiling, reduce heat to low, cover and simmer for 15-20 minutes until lentils are tender but not mushy.
3. Drain water and cool. Store for use in dishes such as soups, dal, topped with roasted veggies, or in salads!

Breakfast chia and oats

Ingredients

| | |
|---------------|---------------------|
| 1 Tablespoon | steel cut oats |
| 1 Tablespoon | unsweetened coconut |
| 1 Tablespoon | hempseed |
| 2 Tablespoons | chia seeds |
| Pinch | cinnamon |



Instructions:

1. Combine oats, unsweetened coconut, hempseed and chia seeds on top in small Mason jar or other similar container. Sprinkle with cinnamon to taste.
2. Pour in boiling water to cover the mixture and stir with a fork to prevent chia seeds from sticking.
3. Cool and refrigerate. In the morning, remove the metal tops and microwave individual jars. Top with fresh/frozen fruit and nut butter such as peanut butter.

Project Age Well

Wellness: Maintaining Mobility



The Importance of Physical Activity

Physical activity helps us maintain independence and a good quality of life as we age. Take a look at the many benefits below.

Short-term Benefits

Sleep

Improves sleep quality

Boosts energy

Increases flow of oxygen

Improved mood

Increases endorphins



Blood Pressure

Reduces blood pressure

Blood Sugar

Reduces blood glucose

Less Anxiety

Reduces feelings of anxiety

Long-term Benefits

Brain Health

Reduces risks of developing dementia (including Alzheimer's) and reduces risk of depression

Bone Strength

Improves bone health

Balance and Coordination

Reduces risks of falls



Heart Health

Lowers risk of heart disease, stroke and type 2 diabetes

Healthy Weight

Reduces risk of weight gain

Disease Prevention

Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach

Project Age Well

Wellness: Maintaining Mobility



Recommended Types and Amounts of Physical Activity

Understanding what types of physical activity we need can help us ensure we get as many short-term and long-term benefits as we can. The American Heart Association recommends that adults get these four types of physical activity listed below.

What **types** of physical activity do I need?

Cardiovascular Strengthening Flexibility Balance

The diagram is enclosed in a black rectangular border. At the top, the text 'What types of physical activity do I need?' is centered. Below the text are four colored circles, each containing a white icon. From left to right: a blue circle with a walking figure, a purple circle with a flexing arm, a light blue circle with a stretching figure, and a green circle with a figure standing on one foot. Below each circle is its corresponding label: 'Cardiovascular', 'Strengthening', 'Flexibility', and 'Balance'.

We need different amounts of each type of physical activity to maintain our mobility. Read on to find out how much you need and what counts for each type of activity.

As you read, think about:

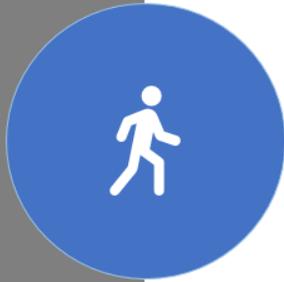
- 1) Which types of activity do you currently participate in?
- 2) Which types of activity could you include more of?

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Cardiovascular



What counts?

Anything that gets your heart beating faster than normal counts.

- Bicycle riding
- Dancing
- Golf (without a cart)
- Some yard work/gardening activities (i.e. sweeping)
- Swimming, water aerobics
- Tennis or racquetball
- Some housework (i.e. vacuuming)
- Walking, jogging

Cardiovascular



How much do I need?

at least
150 minutes
per week of
moderate-intensity
activity

OR

at least
75 minutes
per week of
high-intensity
activity

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Strengthening

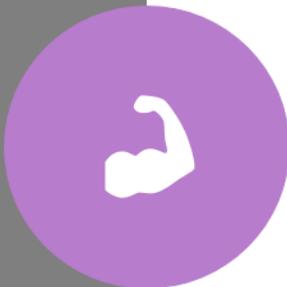
What counts?



- Calisthenic exercises
- Exercises with exercise bands, weight machines, or hand weights
- Yoga
- Tai chi
- Pilates
- Carrying groceries
- Yard work or gardening (l.e. lifting, digging, carrying)
- Some housework (l.e. washing windows or floors)

Strengthening

How much do I need?



at least **2 days** per week

Note: Some aerobic activities, if performed at a vigorous intensity, can also strengthen your muscles but even if you are exercising vigorously, you should still aim to get 75 minutes of cardio activity **and** two days per week of muscle strengthening activity.

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Flexibility

What counts?

- Static stretches
- Dynamic stretches
- Pre-workout warm-ups
- Tai chi
- Yoga
- Pilates



Flexibility

How much do I need?

At least **10 minutes** on at least **two days** of the week

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Balance

What counts?

- Heel-toe-walk
- One-leg stand
- Recumbent bike
- Stair stepper
- Tai chi
- Yoga
- Pilates



Balance

How much do I need?

It depends!



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Let's Practice: Pause & Plan to Maintain our Mobility!

Taking the time to plan ahead can help us achieve our goals. Use these habit-forming tips to plan how you'll stay mobile as you age.

What it Takes to Develop Healthy Habits

- Pause and plan
- Find your “why”
- Set specific and realistic expectations
- Adjust your environment
- Personalize, adjust and enjoy
- Anticipate challenges and solutions to those challenges
- Start small
- Measure your progress
- Stay mindful

My “why” or motivation for maintaining mobility

| |
|--|
| |
|--|

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My expectations (be specific and realistic!)

What I will accomplish:

When I will accomplish it (days of the week, time of day, after X activity, etc.):

Where I will accomplish it:

How I will accomplish it:

How I will adjust my environment to make this change easier

How I will make this change more practical and enjoyable

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| Anticipated Challenges | Possible Solutions |
|------------------------|---|
| Ex: lacking the energy | Ex: do first thing in the morning, after drinking my coffee |
| | |
| | |
| | |
| | |

| One small thing I will do today to get closer to my goal |
|--|
| |

| How I will measure my progress |
|--------------------------------|
| |

| How I will stay mindful |
|-------------------------|
| |

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Wellness: Maintaining Mobility



Tips for Exercising Safely

- ✓ Consult your doctor prior to exercising if you have any concerns.
- ✓ Stop at the first sign of pain.
- ✓ Always warm up before exercising.
- ✓ Practice proper exercise technique. Quality is more important than quantity.
- ✓ Go at your own pace and progress gradually.
- ✓ Check your medications with your doctor to ensure they don't cause you to become dizzy or out of balance.
- ✓ Wear safe and sensible footwear.
- ✓ Use assistive devices, such as a cane or walker.
- ✓ Keep your home safe and free of obstacles.
- ✓ Stay hydrated.
- ✓ Eat well.



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Resources

Seniorsmobility.org: A website with various exercise images and descriptions, designed for older adults.

[Seniorsmobility.org](https://www.seniorsmobility.org)

Morelifehealth.com: A website with various pre-recorded videos, designed for older adults and led by a physiotherapist.

[Morelifehealth.com](https://www.morelifehealth.com)

Physical Activity Guidelines for Older Adults, American Family Physician

<https://www.aafp.org/pubs/afp/issues/2010/0101/p55.html>

Physical activity and public health in older adults, American College of Sports Medicine and the American Heart Association

<https://pubmed.ncbi.nlm.nih.gov/17762378/>

Staying Motivated to Exercise: Tips for Older Adults, National Institute on Aging

<https://www.nia.nih.gov/health/staying-motivated-exercise-tips-older-adults>

Exercising with Chronic Conditions, National Institute on Aging

<https://www.nia.nih.gov/health/exercising-chronic-conditions>

Exercise and Physical Activity Tracking Tools, National Institute on Aging

<https://www.nia.nih.gov/health/exercise-and-physical-activity-tracking-tools>

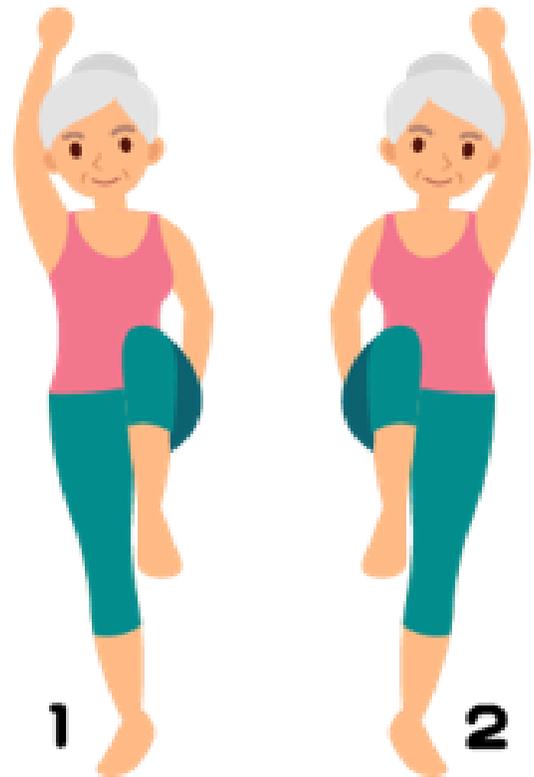
Exercises to Increase Flexibility and Strength

To prepare:

1. Wear safe and sturdy shoes.
2. Ensure you have a few feet of open space, free of obstacles.
3. Get a sturdy chair without wheels to lean on for stability.
4. Talk to a doctor before completing any new exercises.
5. Listen to your body and stop at the first sign of pain.

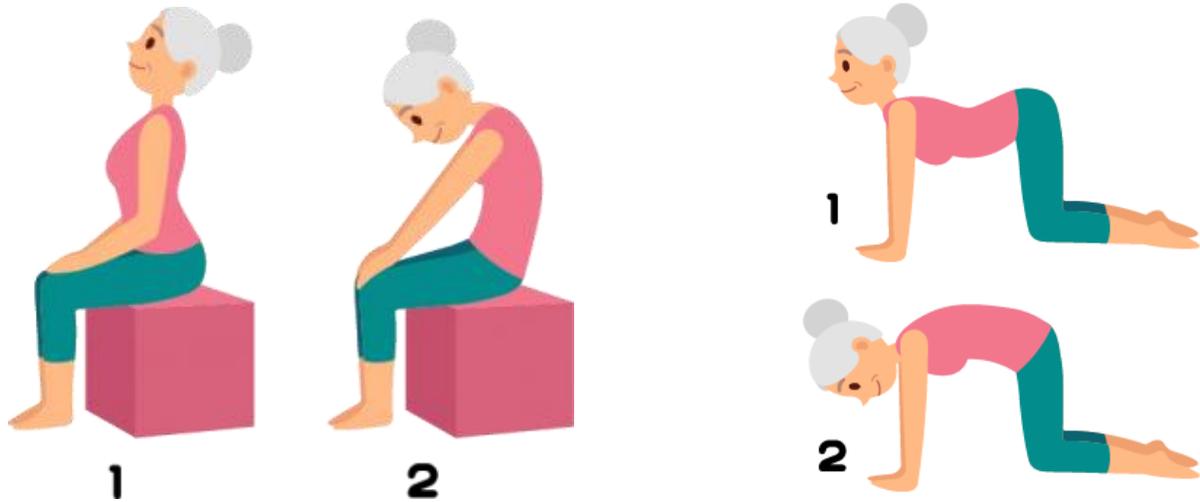
Sitting or Standing Mountain Climbers

1. Sit or stand straight with your right arm extended straight over your head.
2. Raise your left knee.
3. Now lower your left leg and raise your right knee while raising your left arm overhead. *Note: the higher the knee, the more challenging the workout.*
4. Continue raising one arm and the opposite knee. It may feel like you're climbing a mountain or wall. Continue for 1 minute.



Note: Speed is up to you! You can move at a walking pace or pick it up to a jog.

Seated Cat and Cow



1. Sit with your feet on the floor and your knees at 90 degrees.
2. Place your hands on your knees. If comfortable, turn your hands in so your fingers point at each other.
3. As you exhale, press your hands into your knees and gently roll backward. Start at your lower back and imagine you are bending one vertebra at a time. Finish by extending your neck so you look at the ceiling.
4. As you inhale, roll your shoulders forward and pull your belly toward your spine. The motion should start from the neck “one vertebra at a time” until it finishes at the lower back.
5. Repeat 10-15 times.

Note: This classic yoga exercise is usually done on your hands and knees, but you can do it in a chair as well.

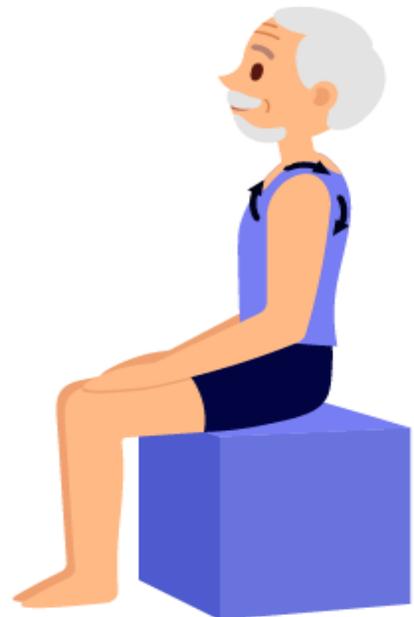
Overhead Side Stretch

1. Sit or stand straight with your feet hip width apart.
2. Raise your hands over your head. For more stretch, interlace your fingers.
3. Keep your torso long and gently lean left.
4. Hold for 15-30 seconds. Repeat up to 3 times on each side.



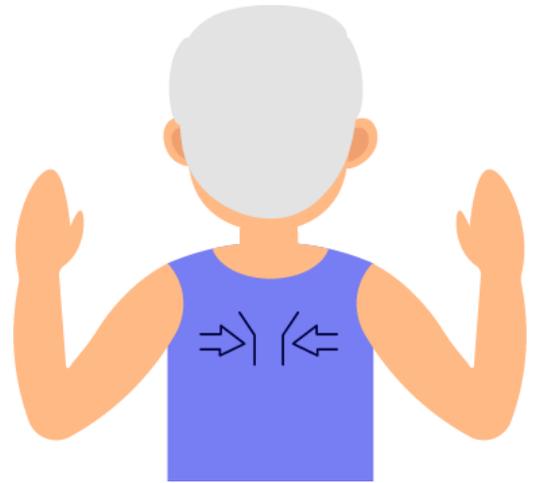
Shoulder Rolls

1. Sit or stand straight with your arms by your sides.
2. Roll your shoulders forward, making bigger circles as you go.
3. Do up to 20 reps, then reverse directions.



Shoulder Blade Squeeze

1. Sit or stand up straight. *Note:* You can do this either with your arms down by your side or your elbows bent and held close to the body.
2. Draw the elbows back and squeeze your shoulder blades together. Imagine you're trying to make your shoulder blades touch.
3. Hold in the squeezed position for up to 5 seconds, then relax.
4. Do 1-2 sets of 10-20 reps.



Bicep Curls

1. Sit straight in a chair holding a dumbbell (or any heavy object, like a book or milk jug) in each hand, wrists up.
2. Keep your elbows tight to your body.
3. Lower the weights down (onto thighs, next to your legs, or at your sides).
4. Curl the dumbbells up to your shoulders, keeping arms in tight.
5. Lower the weights, going slowly to maximize the effort.
6. Do 1-2 sets of up to 15 reps.





Shoulder Press

1. Sit or stand up straight with your feet shoulder width apart.
2. Hold a dumbbell (or any heavy object) in each hand, close to your shoulder, with the elbows bent.
3. Keeping your torso firm, raise your arms straight above your head and straighten the elbows.
4. Return to the starting position.
5. Do 1-2 sets of up to 10 reps.

Note: This is often more challenging than the bicep curl. To modify, reduce dumbbell weight or lift one hand at a time.

Overhead Elbow Extension

1. Sit or stand with your back straight.
2. Hold a dumbbell (or any heavy object, like a milk jug) in one hand just behind your shoulder. Your elbow is bent and your palm is facing the back of your head.
3. Straighten your arm toward the ceiling.
4. Hold for just a second and return to start.
5. Do up to 10 reps on each arm.



Note: This can also be done from a standing position, which requires more balance and control.

Extra challenge? Move both arms at the same time.



Leg Lifts

1. In a seated position, place both feet flat on the floor.
1. Sit up straight and tighten your core.
2. Slowly straighten your left leg.
3. Hold it extended for 5 seconds.
4. Slowly and steadily lower it to the starting position.
5. Repeat ten times on each leg.

Extra challenge? Add ankle weights!

Leg Circles

1. In a seated position, place both feet flat on the floor.
2. Sit up straight and tighten your core.
3. Keep your left leg bent and left foot on the floor.
4. Straighten your right leg and raise your leg as high as you are naturally able. **Note:** Directly out in front is ideal, but even a few inches off the ground is okay!
5. Make circles with the raised leg for about 30 seconds in each direction.



Extra challenge? Make the circles bigger as you continue.

What's your "why"?

Instructions: This week, record how many minutes of exercise you get for each type of activity.

| Activity Type | Day of the Week | | | | | | |
|--|-----------------|------|-----|-------|-----|-----|-----|
| | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| Cardio: moderate-intensity (Min. rec. = 30 min. 5x/wk) -OR- | ex. 30 min | | | | | | |
| Cardio: vigorous - intensity (Min. rec. = 25 min. 3x/wk) | | | | | | | |
| Muscle-strengthening (Min. rec. = 2x/wk) | | | | | | | |
| Flexibility (Min. rec. = 10 mins 2x/wk) | | | | | | | |
| Balance Varies! | | | | | | | |

Project Age Well

Nutrition: Food & Mood

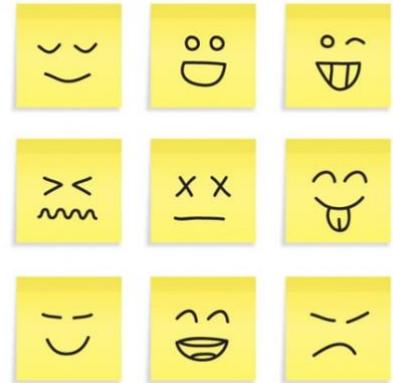


How have you been feeling?

Think about the last few weeks of life for you.

What are the most prominent feelings or emotions you have been experiencing?

Take a moment to reflect and write them down:

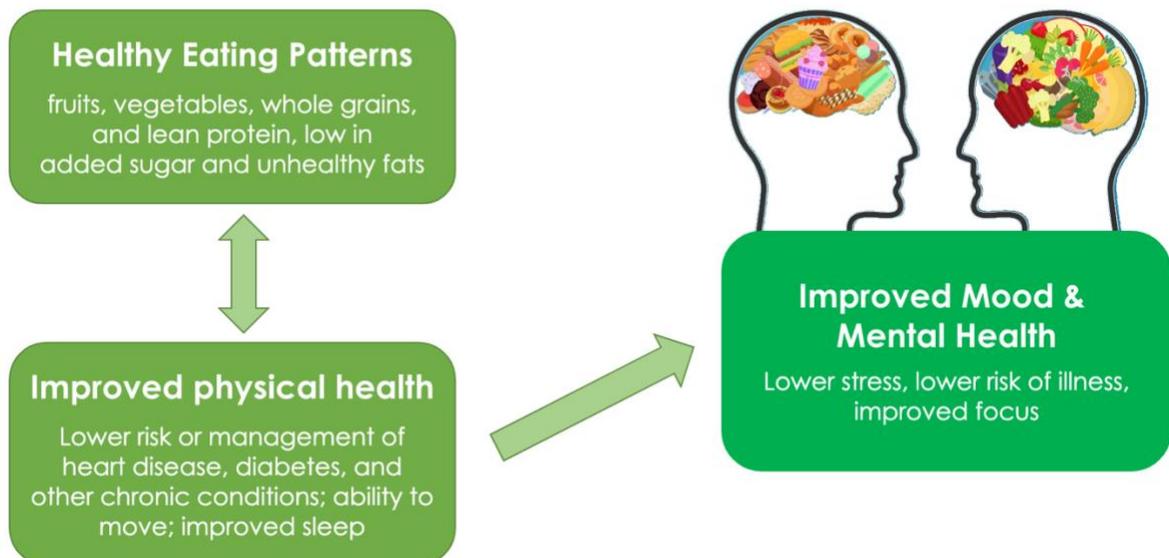


What you eat affects your cognition and mood.
And your mood affects what you eat.

How can we use this information to protect our health?

How healthy eating impacts mood and mental health

- 1) Improved physical health can reduce stress and lower overall risk of illness.



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Nutrition: Food & Mood



2) Reducing inflammation and stabilizing hormones and blood sugar levels can support mood and protect our brains.

Healthy Eating Patterns

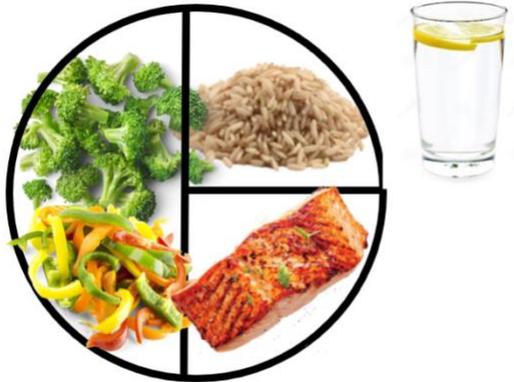
fruits, vegetables, whole grains, and lean protein, low in added sugar and unhealthy fats



Improved Mood & Mental Health

Hormone regulation, decreased inflammation, blood sugar stability

Starting with a **Balanced Plate** of real foods brings the nutrients that support this!



Here are examples of foods that support our minds:

| Omega-3 fats in plant and animal foods | Phytonutrients and fiber found in plant foods! | | |
|---|--|---------|--------------|
| | Colorful fruit and vegetables | Legumes | Whole grains |

avocado
chia seeds
flaxseed
herring
mackerel
olive oil
salmon
sardines
trout
walnuts

avocado
broccoli
carrots
cooking greens
leafy greens
potatoes
sweet potato
tomato
winter squash

apples
berries
cherries
figs
mangoes
melons
oranges
pears

black beans
edamame
fava beans
kidney beans
mung beans
navy beans
white beans
lentils

amaranth
barley
buckwheat
brown rice
bulgur
oats
popcorn
quinoa



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Nutrition: Food & Mood



Eating for Wellness: What foods would you like to try adding to your routine to support your mood and brain health?

How Mood (and other factors) Impact the Foods We Eat

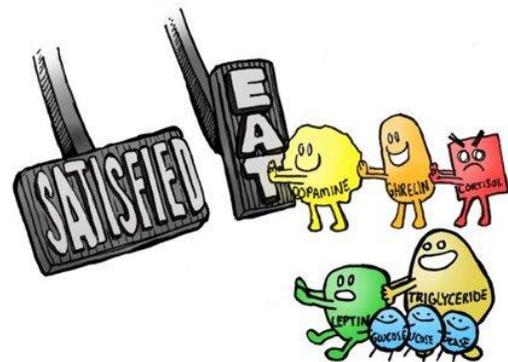
What drives us to eat?

Physical hunger is our most basic driver of when and how much to eat.

Certain hormones in our bodies signal when to “push the gas pedal” to eat more and meet our energy needs, and others tell us to “push the brake pedal” and slow down or stop eating.

But many of the reasons we eat are not related to this physical hunger!

Many internal and external factors drive our motivation to eat (*or not to eat!*)



Think about it: When you choose to eat, what are some of the factors that are affecting your decision?

Write some of the personal, social and environmental drivers on the lines below.

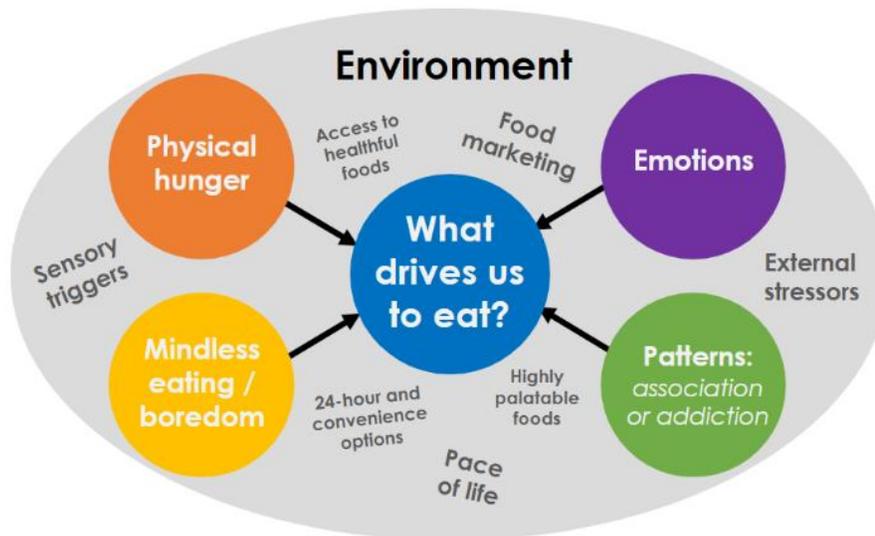


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Nutrition: Food & Mood

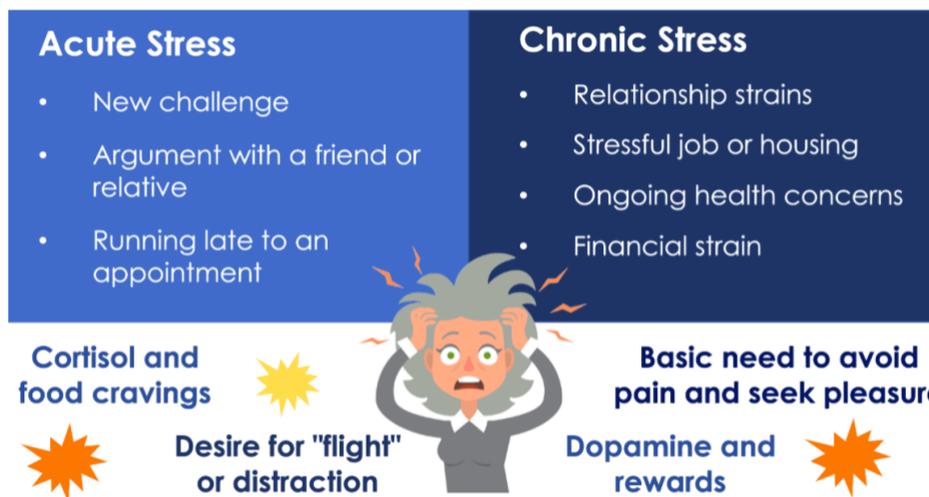


Our internal and external environments complicate the decisions of when, what and how much to eat:



Zoom in on Stress and Eating

Stress can disrupt eating patterns and how our bodies respond to food.



How can we identify stress-related or emotional eating?

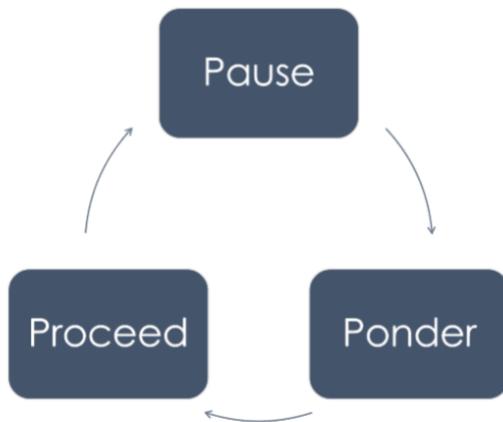
- Usually sudden or urgent
- Paired with repetitive, fixated thoughts about stressors
- Does not result in "fullness"
- May be absent-minded (i.e., inability to recall the eating experience in detail)
- Can be associated with guilt

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Nutrition: Food & Mood



What can we do to make mindful decisions about food?



- 1) **PAUSE**: Take 1-2 minutes to tame our initial urges and break focus on the stressor.
- 2) **PONDER**: Is food what I need and want in this moment? What would fulfill my needs right now?
- 3) **PROCEED**: Move forward in a way that you believe best supports your wellness.

Think about it: How can you reconnect with your physical hunger cues?

1) Press **PAUSE** before you eat.

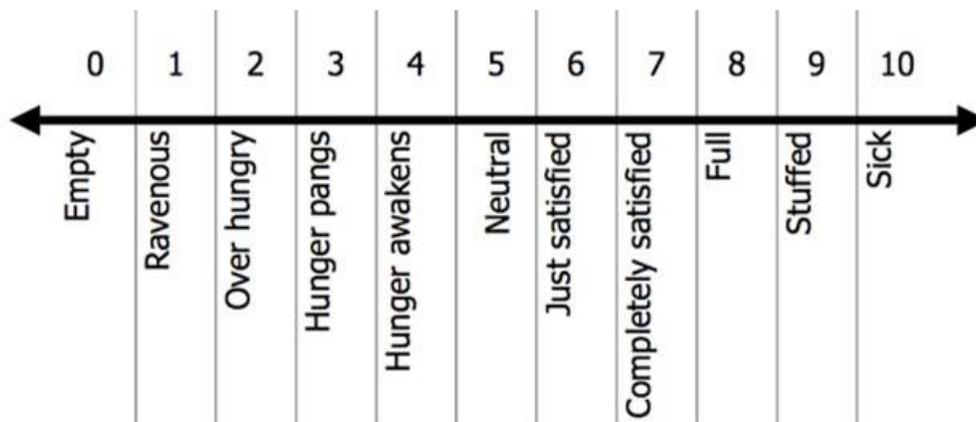
Check in for one moment to identify your level of physical hunger and potential reasons for eating. This may be uncomfortable at first, but the more you practice the pause, the easier it may get.



The Physical Hunger Scale

The Physical Hunger Scale is one way to help us gauge how hungry or full we are at a given time. Comfortable eating will generally exist in the range of a 3 to a 7. You can practice using this scale before you eat, then again during eating to notice how your hunger is changing.

Think about it: Where do you fall on the Physical Hunger Scale right now?



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Nutrition: Food & Mood



Body scan for hunger

A body scan can help you determine where you fall on the Physical Hunger Scale. Pause to take a breath and feel what is going on inside your body that indicates physical hunger, emotional reactions or both. This does not have to be a lengthy activity – simply a moment to reconnect with your body's cues.

Think about it: How does your body show you it is hungry? **Circle** those that you feel may indicate your own hunger.

| Mood | Energy | Head | Stomach | Body |
|-----------|-----------|--------------------|---------------|-----------------|
| irritable | fatigued | achy | gurgling | salivating |
| cranky | sleepy | dizzy | gentle rumble | weak |
| snappy | sluggish | light-headed | stomach ache | low blood sugar |
| low | blah | distracted | hunger pangs | anxiety |
| | lethargic | unfocused | gnawing | |
| | listless | poor concentration | | |

For more information about intuitive eating and hunger cues, visit intuitiveeating.org.

Alternatives to Stress-Related and Emotional Eating

2) **Ponder** what may fulfill your needs.

Imagine this scenario: You have just walked by your pantry and are about to reach in for your favorite snack. You take a pause to consider your physical hunger, and you don't notice any cues. But you do feel signs of being anxious – your breath is faster than normal, and your thoughts are racing.

Think about it: In this moment, what are some alternatives to immediately reaching for food?

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Fill out the table below with several options to manage stress-related or emotional eating.

| Feel Good | Deal With | Distractors |
|--|---|--|
| <i>What other things make you feel good?</i> | <i>What would help you deal with the emotion you are feeling?</i> | <i>What could distract your attention for a few minutes?</i> |

3) Proceed: Move forward in a way that you believe best supports your health and mental wellbeing.



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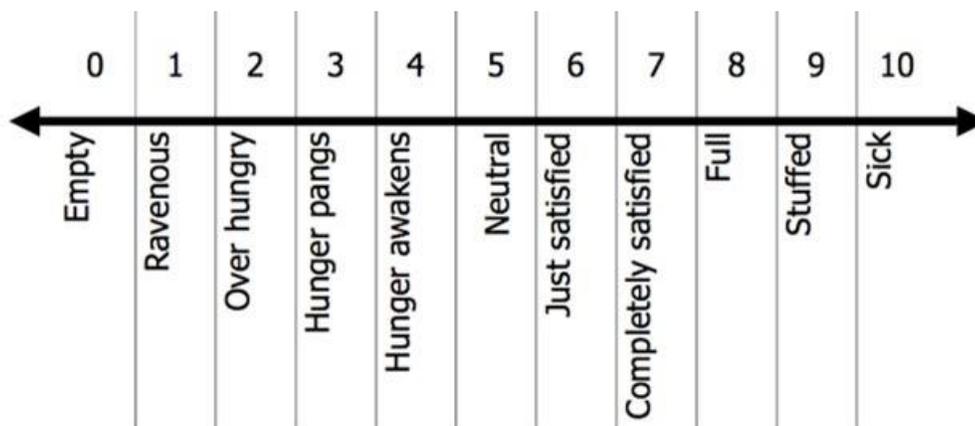
Nutrition: Food & Mood



At-Home Activity: Connecting with your hunger

1. Keep a food journal one day next week.
2. Each time **before** you eat, note on physical hunger scale from 1 to 10 where you identify being in that moment.
3. **After** eating, again note on physical hunger scale from 1 to 10 where you identify being.
4. Finally, make note of anything interesting about the meal or snack:
 - *Were certain emotions present?*
 - *What did you reach for?*
 - *Did you pause? Ponder?*

| Meal/Snack | Hunger Before (0-10) | Hunger After (0-10) | Thoughts? |
|------------|----------------------|---------------------|-----------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |



Project Age Well

Nutrition: Food & Mood



Resources

Food and mood: how do diet and nutrition affect mental wellbeing? (British Medical Journal, 2020)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7322666/>

Food and mood: Is there a connection? (Harvard Health Publishing, 2021)

<https://www.health.harvard.edu/mind-and-mood/food-and-mood-is-there-a-connection>

Dietary Patterns and Quality of Life in Older Adults: A Systematic Review (Nutrients, 2018)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6115962/>

What do we know about diet and prevention of Alzheimer’s disease?

(National Institute on Aging, 2019) <https://www.nia.nih.gov/health/what-do-we-know-about-diet-and-prevention-alzheimers-disease>

The regulation of food intake in humans (National Library of Medicine, 2016) <https://www.ncbi.nlm.nih.gov/books/NBK278931/>

The Hunger Rating Scale (American Diabetes Association)

<https://diabetes.org/healthy-living/weight-loss/emotions-and-eating/get-touch-your-appetite>

Just Eat It – Hunger body Scan (Laura Thomas, PhD, adapted from Evelyn Tribole, MS RDN and Elyse Resch, MS RDN)

<https://soundcloud.com/pan-macmillan/just-eat-it-hunger-body-scan>

Ten Principles of Intuitive Eating (Intuitive Eating.org)

<https://www.intuitiveeating.org/10-principles-of-intuitive-eating/>

Project Age Well

Kitchen Inspiration



Broccoli Apple Salad with Yogurt Dressing

This crunchy, slightly sweet broccoli salad is loaded can be enjoyed as a snack, the star of a salad or a side dish to a balanced lunch. The variety of fruit and veggies bring a sweet flavor, crunchy texture and lots of vitamins and minerals. The walnuts are a good source of omega-3's and protein. Check out your Project Open Hand groceries for some of these ingredients.

Prep time: 15 min Total time: 20 min

Ingredients

| | |
|------------|----------------------------|
| 4 cups | broccoli florets and stems |
| ½ | red onion, thinly sliced |
| ½ | green apple, chopped |
| 1 cup | walnuts, chopped |
| 2/3 cup | plain yogurt |
| 1 | orange, juiced and zested |
| 1 teaspoon | honey or maple syrup |
| ¼ teaspoon | salt |
| To taste | fresh black pepper |



Instructions

1. Blanch broccoli by boiling water, adding broccoli and allowing to boil for 2-3 minutes. Drain in a colander and chill in refrigerator until needed.
2. Mix yogurt, orange juice, orange zest, honey or maple syrup and salt in a bowl. Add more juice or water to make a thick dressing.
3. In a large mixing bowl, add remaining ingredients. Pour dressing over and toss to combine.



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Kitchen Inspiration



Sauteed Broccoli with Walnuts and Lemon

This slightly crunchy, flavorful side dish is a quick way to add non-starchy vegetables and healthy fats to your meal. The walnuts are a good source of omega-3's and protein. Check out your Project Open Hand groceries for some of these ingredients.

Prep time: 15 min Total time: 20 min

Ingredients

3 cups broccoli florets and stems
1 Tablespoon olive oil
2 cloves garlic, chopped
½ cup walnuts, chopped
¼ teaspoon salt
½ lemon, juiced
1 Tablespoon queso cotija or feta



Instructions

1. Blanch broccoli by boiling water, adding broccoli and allowing to boil for 2-3 minutes. Drain in a colander and chill in refrigerator until needed.



2. Heat olive oil in medium sauté pan on medium high heat. Add broccoli and allow to cook for 2-3 minutes.
3. Add garlic, salt and toss to combine. Cook for an additional 2-3 minutes until aromatic.



4. Move broccoli to side of pans. Add walnuts and allow to toast for 1-2 minutes. Remove from heat and add a squeeze of lemon and crumble of cheese.

Project Age Well

Taking Charge of Your Health Care



Preventive Care Services

What are preventive care services? Preventive care services are those that help prevent illness before you feel sick or become aware of symptoms.

Why are these important? Seeing a medical provider regularly and getting the recommended preventive care services can help reduce suffering from disease and disability and even save your life!

According to a study, an estimated 40.9% of U.S. adults have delayed or avoided medical care during the pandemic because of concerns about COVID-19, including 12% who avoided urgent or emergency care and 31.5% who avoided routine care.

Why is this a problem?

Delayed or avoided medical care could:

- 1) Increase suffering from a disease or medical condition.
- 2) Increase the chance of death from both chronic and acute health conditions.

In the last year, have you delayed or avoided any medical care?



If so, experts say **now** is the time to catch up on your preventive health care, as well as any recommended tests or treatments. If you are concerned about COVID-19, know that health care facilities and staff are taking precautions to keep patients safe from COVID-19.

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Taking Charge of Your Health Care



Preventive Care Services (continued)



Most medical insurance plans cover preventive services at no cost to the patient. The following services are typically covered in full*:

- Abdominal aortic aneurysm one-time screening
- Alcohol misuse screening and counseling
- Blood pressure screening
- Bone mass measurements (*bone density*)
- Cardiovascular disease screenings (*cholesterol check, etc.*) and behavioral therapy
- Colorectal cancer screening
- Depression screening
- Diabetes (Type 2) screening
- Diabetes self-management training
- Glaucoma tests
- Hepatitis B screening
- Hepatitis C screening
- HIV screening
- Lung cancer screening
- Mammograms
- Nutrition therapy services
- Obesity screening and counseling
- Prostate cancer screenings
- Sexually transmitted infection (*STI*) prevention + counseling
- Shots (*ex, Covid, Flu, Hep B, Pneumonia*)
- Tobacco use screening
- "Welcome" visit
- Yearly "Wellness" visit

**Note: Additional tests or appointments scheduled at any of the preventive visits above may not be covered. Talk with your provider to confirm the cost of specific follow-up care.*

Wondering what preventive care services you need? Enter your basic information into the My Health Finder tool to find out what types of preventive care services you may need. Visit <https://health.gov/myhealthfinder>.

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Taking Charge of Your Health Care



It is recommended that individuals over the age of 50 visit a medical provider at least once per year.

Do you visit a medical provider as often as you should?

Circle one below.

Yes No Unsure

It can be challenging to see a medical provider as often as we should. If we take time to think about what makes that challenging, we may be able to brainstorm solutions to those challenges.

Think about why it can be challenging for you to see a medical provider. Then, brainstorm possible solutions to those challenges. Write your thoughts below.

| Anticipated Challenges | Possible Solutions |
|------------------------|------------------------------------|
| Ex: cost | Ex: find free or low-cost services |
| | |
| | |
| | |
| | |

Project Age Well

Taking Charge of Your Health Care



Making the Most of Your Medical Appointments

We all want to receive high quality care from our medical providers. Follow the steps below to leave your appointments feeling satisfied.

Before Your Appointment

| | | |
|----------|----------------------------------|---|
| 1 | Find the right provider for you. | <ul style="list-style-type: none"> ✓ Decide what you are looking for in a provider. ✓ Identify several possible providers using your insurance provider's search tool. ✓ Consult multiple reference sources for ratings and reviews. ✓ Call to talk with office staff to learn more. ✓ Make your choice! |
| 2 | Decide how to communicate. | <ul style="list-style-type: none"> ✓ Phone call, video, email, online portal, in-person |
| 3 | Go to appointments prepared. | <ul style="list-style-type: none"> ✓ List of health concerns ✓ Glasses or hearing aids ✓ Paper and pen ✓ List of medications ✓ Past medical information ✓ Friend or family member (phone or in-person) |

Take some time to think about what you are looking for in a health care provider. Put an X next to the items that are important to you.

- Is taking new patients
- Speaks my language
- Is located in a place that I can easily travel to
- Has available appointments
- Has an online portal
- Can communicate over the phone or computer (telemedicine)
- Has a plan for someone to provide care when they are unavailable
- Can provide lab work and x-rays done in the same office
- Uses a hospital that is close by and that I trust

- Is willing to invest time
- Listens carefully
- Explains things in a way I understand
- Gives me a chance to ask questions
- Makes me feel comfortable
- Treats me with respect
- Has a specific specialization (i.e. Geriatrics, Neurology, Psychiatry)
- Knows important info about my medical history and conditions
- Has experience treating my medical conditions
- Other: _____

Project Age Well

Taking Charge of Your Health Care



During Your Appointment

| | | |
|---|---|---|
| 1 | Communicate clearly and honestly. | <ul style="list-style-type: none">✓ Provide accurate information.✓ Discuss sensitive subjects.✓ Voice your preferences and concerns.✓ Ask for alternative options <u>or</u> connections to other specialists or resources.✓ Be concise.✓ Discuss the most important concerns first.✓ Ask questions! |
| 2 | Listen actively. | <ul style="list-style-type: none">✓ Take notes!✓ If you don't understand something, ask your doctor to repeat or clarify.✓ Ask for a printed summary of your visit. |
| 3 | Remember your doctor might not know everything. | <ul style="list-style-type: none">✓ Ask for connections to other specialists or other resources if necessary. |

Do you feel comfortable talking openly and honestly with your current health care provider? Why or why not?

Can you think of any specific questions you have for your provider?

Do you think a referral to a specialist might be beneficial for you?

Project Age Well

Taking Charge of Your Health Care



Resources

My Health Finder: Online tool that helps ensure you and your family are up to date on your preventive services.

<https://health.gov/myhealthfinder>

AgeWell Planner: Online tool to help older adults age with confidence by providing personalized resources, tools, and expert help.

<https://ncoa.org/age-well-planner>

Talking with your Doctor: A Guide for Older Adults: Worksheets to complete and take to medical appointments.

<https://order.nia.nih.gov/sites/default/files/2021-06/talking-with-your-doctor.pdf>

Medi-Cal: Health insurance for low-income California residents that are 65+ or have a disability.

1-800-786-4346; https://www.dhcs.ca.gov/services/med-cal/eligibility/Pages/MC_Eligibility_Ben.aspx;

Medicare: Health insurance for those over 65.

1-800-772-1213; <https://www.medicare.gov/>

HICAP: CA Health Insurance Counseling and Advocacy Program

1-800-434-0222; <https://www.shiphelp.org/about-medicare/regional-ship-location/california>

Worksheet 1

Concerns

At each visit, your doctor will likely ask about your concerns. It's a good idea to think about what you'd like to talk about before the actual visit. This form can help you organize your thoughts. Make a copy of the blank form so you will always have a clean copy to use. Then, after you make an appointment, take a minute to write down the name of the doctor and the appointment details (for example, the date, time, and address). Use the form to make a list (in order, from most important to least important) of the concerns you want to discuss.

| | | |
|---|--------------------|--------------|
| Doctor: | Appt. Date: | Time: |
| Address: | Phone: | |
| Appointment Details (Most Important to Least Important): | | |
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |
| Notes: | | |

Worksheet 2

Changes to Discuss

Your doctor may want to know about any changes in your life since your last appointment. It is useful to consider what you should say before you see the doctor. The list below can help. Of course, all the things on this list won't apply at every visit! Make a copy of the blank list so you will always have a clean copy to use. Then, take a minute to think about each of these possible topics. You may want to jot down when you first noticed each change. You can use the last column to note any additional information that may be helpful for the doctor to know.

Your Health

| Topic | Date | Notes |
|--|------|-------|
| Bone/joint pain or stiffness | | |
| Bowel problems | | |
| Chest pain | | |
| Feeling dizzy or lightheaded | | |
| Headaches | | |
| Hearing changes | | |
| Losing urine or feeling wet | | |
| Recent hospitalizations or emergencies | | |
| Shortness of breath | | |
| Skin changes | | |
| Vision changes | | |

Your Diet, Medication, and Lifestyle

| Topic | Date | Notes |
|------------------|------|-------|
| Alcohol use | | |
| Appetite changes | | |
| Diet/nutrition | | |
| Medicines | | |
| Tobacco use | | |
| Weight changes | | |

Your Thoughts and Feelings

| | | |
|--|--|--|
| Feeling lonely or isolated | | |
| Feeling sad, down, or blue | | |
| Intimacy or sexual activity | | |
| Problems with memory or thinking | | |
| Problems with sleep or changes in sleep patterns | | |

Everyday Living

| | | |
|---------------------------------|--|--|
| Accidents, injuries, or falls | | |
| Advance directives | | |
| Daily activities | | |
| Driving/transportation/mobility | | |
| Exercise | | |
| Living situation | | |

Worksheet 3

Medications

You may be taking many different medicines as well as numerous vitamins and over-the-counter drugs. It can be confusing to keep track of everything! This form can help. Because your medication regimen may change over time, make a copy of the blank form so you will always have a clean copy to use. Try to bring a completed and updated copy of this form to every doctor appointment.

| Name of Drug | What It's For | Date Started | Doctor | Color/Shape | Dose and Instructions |
|--------------|---------------|--------------|--------|-------------|-----------------------|
| | | | | | |
| | | | | | |
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Project Age Well

Our Bodies and Nutrition as We Age



What does “aging well” mean to you?

We all define “wellness” or “health” uniquely, and our definition likely changes over time! Identifying what these mean to us can help identify priorities for achieving wellness.

Take a moment to think about your life and values. **List a few thoughts about what “aging well” and “wellness” means to you:**

What we can learn from populations that age well

A 10-year study of populations around the world with a high proportion of **centenarians** – people who are living at age 100 – identified several key trends that seemed to promote longevity and wellness. These “**Blue Zones**” are Sardinia, Italy; Okinawa, Japan; Loma Linda, CA (Adventists); Ikaria, Greece; and the Nicoya Peninsula, Costa Rica.



What they all have in common:

- No smoking
- Staying physically active
- Keeping socially engaged
- Cherish family
- **Eat a plant-based diet**

Other food trends in these groups:

- Small amounts of fish
- No added sugars
- Eating smaller portions over a longer period of time

Group Discussion:

- Which of these trends speaks to you? Why?
- What does it mean to eat “plant-based”?

Project Age Well

Our Bodies and Nutrition as We Age



Food is one tool to help meet our goals for aging well.

From head to toe, the food we eat can keep our systems in good working order.

It's important to think about:

1. How our bodies are changing.
2. How this changes our needs.
3. How food can help meet these needs for living fully!

What aspects of your body are on your mind?



A **mindful moment** to scan your body regularly can help identify new signs or changes in how your body is functioning. You can bring these changes to your healthcare provider and think about how healthy foods can support wellbeing of your body and mind.

Think about it: Take a moment to scan your body from head to toe. Note any areas below that have changed recently or that are on your mind.

Brain and memory: _____

Heart function: _____

Brain and mood: _____

Digestion: _____

Energy levels: _____

Muscles: _____

Eyesight: _____

Bones: _____

Teeth and chewing: _____

Joints: _____

Skin condition: _____

Other: _____

Project Age Well

Our Bodies and Nutrition as We Age



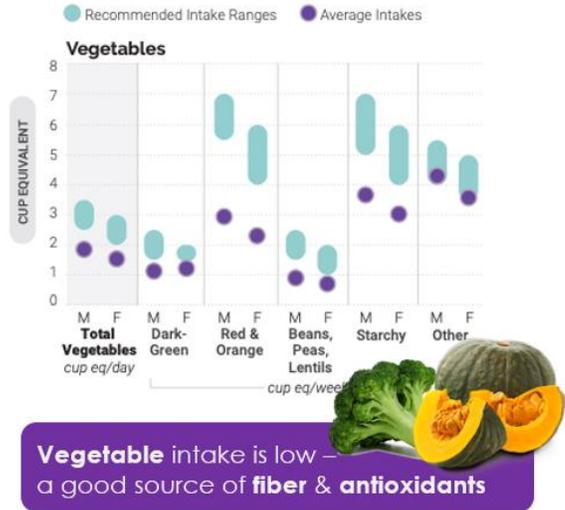
Food intake trends for older adults in the U.S. (and why they matter)

1) **We need a boost in vegetable intake!** Aim for 5 or more servings each week of colorful vegetables to get plenty of:

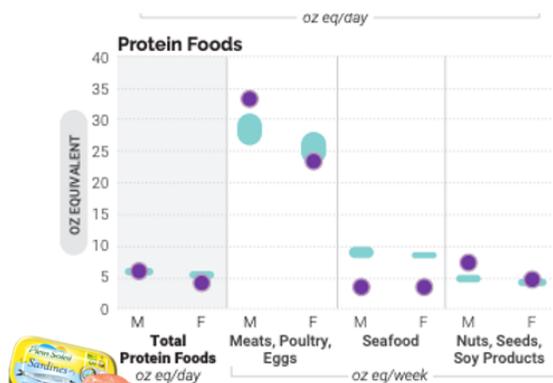
Fiber which aids in stable blood sugar levels, helps improve gut function and protects against heart disease.

Antioxidants that help prevent cell damage and inflammation in the body. These include vitamins C, E, beta-carotene, lutein and more!

Minerals such as potassium that helps regulate blood pressure and calcium that protects bone health.



2) **We need a boost in seafood intake!** Aim for 2 servings of fish per week – specifically, fatty fish such as mackerel, salmon, sardines and tuna to get:



Omega-3 fatty acids that help control inflammation and may help prevent cardiovascular disease.

Vitamin B12 that aids in protecting nerve function. Changes in the ability to absorb this vitamin as we age makes it all the more important to prioritize!

Vitamin D that aids in bone health and reducing inflammation. Our bodies are less able to make vitamin D from sun exposure as we age!

Eating for Wellness: How might you add a serving?

Vegetables: ½ cup fresh or frozen

Fish: 3 ounces or ¾ cup, flaked

Project Age Well

Our Bodies and Nutrition as We Age



Tuning in to how our bodies, and our eating patterns, change.

Some changes in our bodies and our eating patterns may seem obvious while others are less so. What are some changes, if any, that you have seen in how you eat in the last several years? **List one or two below.**

Zoom In: Several changes as we age, and how we can manage them.

1) Our bodies require **less energy** (*calories*).

Aim for a balanced plate of nutrient-dense foods to get the most out of your meals.

Start with a balanced plate that includes real, minimally processed foods of a variety of colors. Take a mindful moment to see how your meals add up:



2) Our bodies have **fewer reserves of vitamins and minerals** and may be less able to absorb them.

Add variety and color throughout the day to ensure you get a full range of vitamins and minerals.

Think about it: What challenges may you experience in adding variety to your meals? What is one solution?

Project Age Well

Our Bodies and Nutrition as We Age



2) Our bodies have **fewer reserves of vitamins and minerals** and may be less able to absorb them.



Choose foods* that contain vitamins & minerals, such as

- calcium
- vitamin D
- vitamin B12

| | Calcium | Vitamin D | Vitamin B12 |
|---|---------|-----------|-------------|
| Dark leafy greens (ex: Bok choy, broccoli, collards) | ✓ | | |
| Eggs | | ✓ | ✓ |
| Fatty fish** (ex: mackerel, salmon, sardines, tuna) | ✓ | ✓ | ✓ |
| Milk or fortified plant-based milks | ✓ | ✓ | ✓ |
| Tofu (calcium-set) | ✓ | | |
| Yogurt or kefir | ✓ | ✓ | ✓ |

*Food sources are ideal for vitamins and minerals, but talk to your health care provider if limitations in food intake may prevent meeting your needs.

**Some fish sources contain calcium if we eat the bones – ex: canned sardines or salmon.

Eating for Wellness: How could you use the ingredients above to make a tasty meal or snack?

Tofu fried rice with Bok choy

Sautéed broccoli with garlic

Sardines with roasted tomatoes

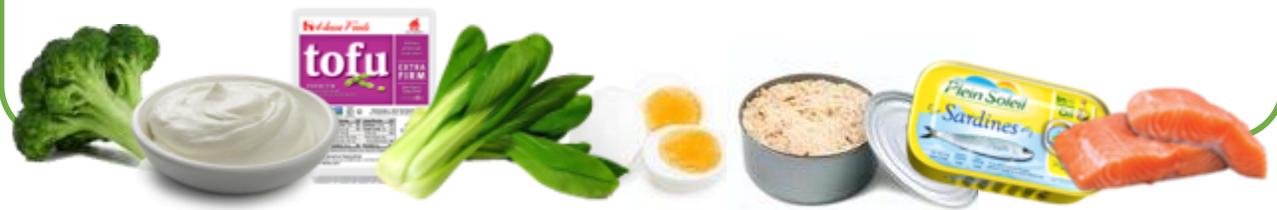
Yogurt with berries and nuts

Baked salmon with roasted sweet potato and green beans

Tuna salad on bed of veggies

Other: _____

Other: _____



Project Age Well

Our Bodies and Nutrition as We Age



Several changes as we age, and how we can manage them. (continued)

3) Our **muscle mass** may decrease, and we may face challenges with mobility or strength.

Include lean protein and whole grains to help preserve muscle mass.

Think about how to modify our space or find support for purchasing and preparing food.

Physical activity can help maintain muscle mass and build strength and stability.

4) We may not notice **thirst**, and we become dehydrated more easily.

Make fluid intake delicious and easy to do.



Water with fruit slices, unsweetened sparkling water and unsweetened tea all provide hydration!



Select a colorful water bottle or favorite cup to fill several times during the day, perhaps when taking any medications and during mealtimes.

5) We may lose some **sense of smell or taste** that impacts what we eat.

We can try new spices, new methods of cooking or new foods to see what we enjoy!

When taste dulls, desire for saltier foods may increase. You can add certain spices to boost flavor without the salt!

Check out these flavors in your local grocery:

- Garlic or garlic powder
- Onion or onion powder
- Chili powder
- Sweet or smoked paprika
- Splash of lemon or lime
- 21 Seasoning Salute (Trader Joe's)
- Mrs. Dash (variety of flavors)



Project Age Well

Our Bodies and Nutrition as We Age



Several changes as we age, and how we can manage them. (continued)

6) Changes in **bowel movements** and **GI comfort**.



Natural probiotics (*healthy microorganisms*) and prebiotics (*fiber*) in food can promote gut health and regularity.

Probiotics – found in fermented foods such as yogurt or sauerkraut



Prebiotics: Foods that contain fiber – plant foods!



7) We may be living with **chronic conditions** or take several **medications**.



Ask about how certain foods impact your health condition or interact with medications. Keeping a journal may help when talking with your doctor.



Limit foods that contain a lot of sodium, added sugar and saturated fat.



Much of the sodium we eat comes from packaged foods and pre-made meals at restaurants. Use the tips above to better manage your sodium intake!



Added sugars are found in many processed foods and beverages. Reduce sugar intake by choosing water and fresh fruit for a sweet treat.



Saturated fat comes from animal foods like butter, meat and milk. Choose smaller portions of these foods.

Project Age Well

Our Bodies and Nutrition as We Age



Eating for Wellness: Which of the changes we discussed above do you relate to? _____
What is one step you can take to address this? _____

How do we stay in tune with changes in our bodies and eating patterns?

Many factors can disconnect us from the signals our bodies send us. Some signals are loud and some are quiet and gradual.



When our body is **louder**:

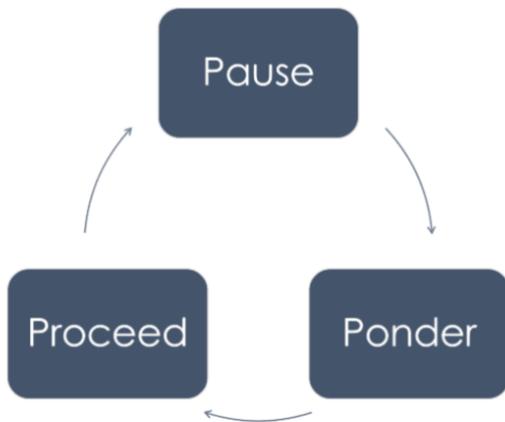
- changes in bowel movements
- changes in urinary output
- challenges swallowing
- regularly getting sick
- aches and pains that get in the way of movement



When our body is **quieter**:

- very gradual change in taste or smell
- very gradual changes in appetite
- changes in nails and hair
- general weakness
- feeling slightly tired or fatigued

Zoom In: Pause to listen to your body and think about how food can support your wellness.



- 1) PAUSE: Take time regularly to scan your body and notice how you feel.
- 2) PONDER: How are my food choices supporting my health? What questions do I have about my body and my eating patterns?
- 3) PROCEED: Move forward in a way that you believe best supports your wellness. **Ask your provider** how food and nutrition can apply to your care.

Project Age Well

Our Bodies and Nutrition as We Age



Wellness Activity: Set One Small Goal for Eating

1. Think about what we discussed today and identify an area you would like to focus on.

| My goal (be specific and realistic!) |
|---|
| What I will accomplish: |
| When I will accomplish it: |
| Where I will accomplish it: |
| How I will accomplish it: |

2. **Write down one tiny step** you could take to makes a step towards this goal. Start small – something easier to make than to break!

| One small thing I will do today to get closer to my goal |
|---|
| |

3. Think about how you will **check in with yourself** about your goal.

| How I will stay mindful |
|--------------------------------|
| |

Project Age Well

Our Bodies and Nutrition as We Age



Resources

Lessons from the Blue Zones – Read more about the Blue Zone populations and the trends in those populations as related to health (Institute of Medicine) <https://www.ncbi.nlm.nih.gov/books/NBK298903/>

MyPlate and Dietary Guidance for Older Adults – Summary of nutritional guidance for older adults and ideas for incorporating health-supporting foods (United States Department of Agriculture) <https://www.myplate.gov/life-stages/older-adults>

The Healthy Eating Plate – A guide for a balanced, nutrient-rich plate (Harvard T.H. Chan School of Public Health) <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

The Harvard Nutrition Source – An evidence-based resource for a variety of nutrition topics (Harvard T.H. Chan School of Public Health) <https://www.hsph.harvard.edu/nutritionsource/>

Probiotic Foods – A description of probiotics and several example foods (Healthline) <https://www.healthline.com/nutrition/11-super-healthy-probiotic-foods>

Project Age Well

Kitchen Inspiration



Vegetable and Rice Soup – Your Way!

Common Ingredients

- 1 medium onion*, chopped
- 1-2 carrots, chopped
- 1 stalk celery, sliced
- 4 cloves garlic*, minced
- 2 Tablespoons olive oil
- 6 cups low-sodium broth
- ½ to ¾ cup uncooked brown rice*



Additional Ingredients, by Type:

| Filipino Arroz Caldo | Spanish chickpea and rice | Brazilian Canja de Galinha | Mexican Sopa de Arroz |
|--|--|--|---|
| 2 cups vegetables: - 1 Bok choy - 1 cup broccoli 2 Tbs fresh ginger*, chopped 1 Tbs fish sauce 1 Tbs lime juice (or calamansi) 1 ½ cup chicken breast (can substitute white fish or tofu) Hardboiled egg (optional) | 2 cups vegetables: - 1 small zucchini - 1 cup dark greens 1 ¼ cup chickpeas 1 ½ tsp rosemary ½ Tablespoon turmeric (or pinch saffron) Zest of small lemon 1 ½ cup chicken breast (optional) | 2 cups vegetables: - 2 small potatoes - 1 cup dark greens 1 ½ tsp thyme 1 Tbs tomato paste 1 ½ cup chicken breast | 2 cups vegetables: - 1 small zucchini - 2 small tomatoes ¼ cup tomato sauce 2 tsp dried parsley ½ jalapeño, chopped (optional) 1 ¼ cup black beans (optional) |

*substitutions:

- 1 medium onion = 1 Tablespoon onion powder or 3 Tablespoons onion flakes
- 1 clove garlic = ¼ teaspoon garlic powder
- 1 Tablespoon fresh ginger = ¼ teaspoon ground ginger
- Brown rice can be replaced with barley or farro

Project Age Well

Kitchen Inspiration



Instructions

1. Heat oil in large saucepan/pot over medium heat until hot.
2. Add onion, carrot, celery and garlic and sauté until for 4-5 minutes, until fragrant and onions are translucent.
3. Move to the outside of the pan, and add rice and spices/seasonings from the recipe you select (ex, turmeric and rosemary if making Spanish soup option). Let cook, stirring, for 2-3 minutes until aromatic.
4. Add broth and remaining 2 cups of vegetables from your selected recipe. Bring to a simmer.
5. Once simmering reduce heat, cover, and simmer 20-25 minutes or until rice is tender. If adding uncooked fish, tofu or cooked chicken breast, add when 10 minutes of cooking remains.
6. Remove from heat and add garnishes, as desired:

| Filipino Arroz Caldo | Spanish chickpea and rice | Brazilian Canja de Galinha | Mexican Sopa de Arroz |
|---|--|---|---|
| <ul style="list-style-type: none"> • Lime juice • Fried garlic chips • Green onion | <ul style="list-style-type: none"> • Parsley • Black pepper • Lemon juice | <ul style="list-style-type: none"> • Parsley • Black pepper | <ul style="list-style-type: none"> • Parsley or cilantro |



Frozen vegetables work, too! Keeping frozen vegetables can help ensure you have some on hand if fresh are not available. They are flash frozen when their nutrients are still intact and are a rich source of fiber, vitamins and minerals. Just add them when you add the broth to your soup!

POH Groceries offer a variety of vegetables, brown rice, barley and several protein sources used in these soups, such as chickpeas/garbanzos, black beans, fish and chicken. Ask Erika or Sami if you have any questions about your groceries!

FOOD AND NUTRITION RESOURCES IN ALAMEDA COUNTY

The resources below provide food assistance for Alameda County residents. Additional resources are listed on the handouts in your Project Age Well binder. Please reach out to Sami Wilkinson (415-497-2330) or Mandy Carroll (415-954-2532) with any questions.

| Resource | Type | What is it? | Who is eligible? | How to apply? |
|------------------------------------|----------------|--|--|--|
| CalFresh | money for food | A nutrition assistance program for low-income individuals and families to buy food at grocery stores, farmers' markets, and for some, restaurants or community meal programs | US Citizen, Permanent Resident, U or T Visa holder Refugee or Asylee, or US born children CA SSI/SSP recipients | Ask your POH dietitian/nutritionist OR Call 510-635-3663 or visit: https://www.getcalfresh.org/en/apply . Applications take 10 minutes to complete. Proof of ID and SSI benefits required for sign-up. |
| Market Match | money for food | A healthy food program providing CalFresh recipients the opportunity to double their funds at local farmers markets | CalFresh (i.e. SNAP, food stamp) recipients | Visit the information booth at any farmers market for details |
| Alameda County Community Food Bank | groceries | Grocery delivery or pickup | Alameda County residents | Call 510-635-3663 or visit foodhow.net to find a location near you or sign up |

Food Resources in Alameda County (cont'd)

| Resource | Type | What is it? | Who is eligible? | How to apply? |
|---|------------------------------|--|--|--|
| Project Open Hand Wellness Program | groceries and prepared meals | Medically tailored meals and groceries for clients living with certain chronic illnesses | San Francisco or Alameda County residents 18+ with HIV/AIDS, Hepatitis C, cancer stage 3 and 4, and recent major surgery | Ask your medical provider to complete the application on the POH website: https://www.openhand.org/get-meals/how-apply |
| Meals on Wheels | home-delivered meals | Meals on Wheels offers two daily meals that are well-balanced and meet two-thirds of the daily nutritional requirements for seniors. | For most Alameda County cities, older adults, age 60+ that are unable to get out to obtain food | Visit the website https://www.feedingseniors.org/get-meals-1 or contact Meals on Wheels of Alameda County at 510-777-9560 or marisa@feedingseniors.org . |
| Senior Food & Nutrition Resources Guide | various | A reference guide for those who wish to learn about food and nutrition programs in our county | Alameda County residents | Varies, by resource https://www.alamedacounty-socialservices.org/acssd-assets/PDF/AAS/AAA/senior-resource-guides/Senior_Food_CO_VID%20Edition_rev11-2020.pdf |

