

Winter Month Nutrition Tips

This time of the year brings challenges to eating and keeping well. For example it is cold and flu season, we are all staying home more due to weather and pandemic, holidays offer many extra treats and calories, we may be eating more because we are bored. These obstacles can make it harder to eat healthier and maintain a strong immune system. Here are some tips to stay on track and keep healthier this winter:

- Try to avoid skipping meals, and eat regular meal times daily.
- Plan balanced meals to include 3-4 food groups, such as protein, vegetable, grain, and fruit, this will provide a variety of nutrients your body needs.
- Fill half your plate with vegetables or vegetable based soups that can be nutritious, filling, and hydrating.
- Frozen vegetables are a great choice especially in the winter with less seasonal options are prices increase.
- Seasonal winter fruits to try, pomegranates, cranberries, citrus fruits, grapes, which are also rich in vitamin C to help boost immune system.
- Enjoy whole grains and “high quality” carbohydrates like sweet potatoes, yams, pumpkin, and butternut squash.
- If eating extra calories because of boredom, try waiting 10-20 minutes for the craving to pass, or having a glass of water. Sometimes hunger can be a sign of thirst, especially if meals were just consumed.
- Consider extra calorie from beverages, these count too, such as juice, soda, high calorie coffee drinks and lattes. These offer empty calories, and very little nutrients. Try seltzer water, water with lemon wedges, or a just splash of juice, or green tea.
- Keeping physically active, even if indoors walking the halls, or around the house, if able too, is important to support a healthy immune system.
- Nothing like a hearty bowl of soup to warm you up these winter months. You can be as creative as you like with soups, add items you have available that need to be used up, fresh or frozen vegetables, beans, leftover chicken, low sodium soup base, seasonings. See page 4 for soup recipe.

Source: todaysdietitian.com/newarchives/011209p48.shtml

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CAMBRIDGE Locations (currently closed until further notice)

Cambridge Senior Center 806 Mass. Ave. / 617-349-6042 Kitchen Manager: Julie King A Senior Dine Card is needed, call SCES	Breakfast: Mon-Sat 8:30am Lunch: Mon-Thu 11:30am Fri 11-11:30am Sat 9:30-11:30am Must be 60 years or older
Manning Apartments 237 Franklin St. / 617-576-8715 Center Coordinator: Donna	Lunch: Mon-Fri 11:30am Non-residents must be 60 or older
North Cambridge Senior Center 2050 Mass Ave. / 617-349-6324 Center Coordinator: Joan	Lunch: Mon, Wed, Fri, 11:30am Must be 60 years or older
Miller's River (Nutrition) 15 Lambert St. / 617-628-2601 Center Coordinator: Donna	Supper: Thu 4:30pm Non-residents must be 60 or older
Norfolk Street 116 Norfolk St. / 617-547-3543, ext. 123 Center Coordinator: Edith	Lunch: Mon-Fri 11:30am Supper: Thu 5:00pm Non-residents must be 60 or older
Kate's Cafe @ S&S (LBGT) (Nutrition) 1334 Cambridge St. / 617-628-2601	Supper: 4th Wed of month 6:00pm Must be 60 years or older
Cambridge Hospital Cafeteria (Nutrition) 1493 Cambridge St. / 617-628-2601 A Senior Dine Card is needed, call SCES.	Supper: Mon-Fri 4:45-6:00pm Must be 60 years or older
Mass. Alliance of Portuguese Speakers 1046 Cambridge St. / 617-864-7600	Portuguese Lunch: Mon-Thurs Noon Must be 60 years or older

SOMERVILLE Locations (currently closed until further notice)

Cross Street Senior Center 165 Broadway / 617-625-6600, ext, 2335	Lunch: Mon, Tue & Thu 11:30am Must be 60 years or older
Somerville Center 167 Holland St. / 617-625-6600 ext. 2325	Lunch: Mon - Fri 11:30am Must be 60 years or older
Ralph & Jenny Center 9 New Washington St. / 617-666-5223	Lunch: Tue, Wed & Thu 11:30am Must be 60 years or older
Properzi Manor 13-25 Warren Ave. / 617-666-5882 Center Coordinator: Allan	Lunch: Mon-Fri 11:30am Non-residents must be 60 or older

Transportation to meal sites is available.

Reservations are required by noon the previous business day. Call SCES at 617-628-2601.
 Must be 60 years or older, unless in supportive housing.

Monthly Brown Bag

Currently Closed

Arts at the Armory
191 Highland Ave.
Somerville

Call first to see if
cancelled at
617-628-2614
ext 6789

Purchase Ensure® Nutrition Drink Supplements from SCES

Flavors: Vanilla, Chocolate, or Strawberry

Regular Ensure® - \$29.00/24 drinks

Diabetic Ensure® (Glucerna) - \$40.00/24 drinks

Ensure Plus® - \$31.00/24 drinks (special order)

No delivery charge for Meals-on-Wheels clients.

There is a \$2.50 delivery charge for all others.

Winter Split Green Pea Soup Recipe

source: todaysdietitian.com/newarchives/011209p48.shtml

Serves 10, plenty for leftovers or to freeze

Ingredients:

- 2 cups split green peas
- 10 cups of stock of your choice
(vegetable, chicken, low sodium)
- 1 large onion, diced
- 1 clove garlic, chopped
- 2 stalks of celery, sliced
- 2 carrots, sliced
- 2 potatoes, cubed
- 1 bay leaf
- 1/4 teaspoon of Thyme
- 1/4 teaspoon of Basil
- 1 teaspoon of salt, optional



Directions: Cook peas in stock until tender and mushy, according to split pea directions. Add seasonings and vegetables and cook about 20 minutes, until vegetables are tender. Lower heat, and let simmer for about half hour. Cool leftovers in shallow pans, so they cool quicker, refrigerate or freeze leftovers within 2 hours. Enjoy!