



News You Can Use

Nutrition Education
with Seniors

June 2021

Senior Farmers Market Nutrition Program

Do you love home grown, fresh fruits and vegetables, but are unable to buy these items from farmers markets due to cost?

The Senior Farmers Market Nutrition Program (FMNP) provides financial aid to adults age 60+ years who wish to buy fresh, locally grown fruits, vegetables, and herbs from farmers markets and farm stands.

To be eligible for Senior FMNP you must be:

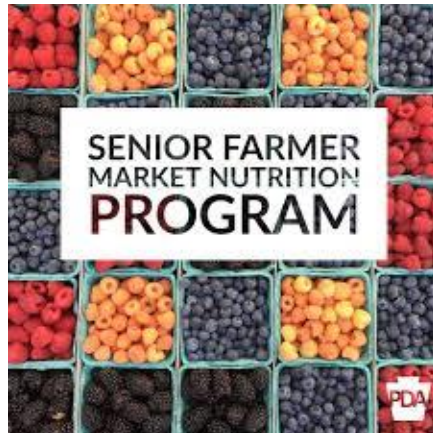
- 60 years or older
- Have a yearly income of less than \$23,607 (for a single person)
- Have a yearly income of less than \$31,895 (for a married couple)

For more information about how to apply, contact the Area Agency on Aging in your community at <https://iowaaging.gov/#area-agency-on-aging-map>.

Eating the Rainbow in Fresh Fruits and Vegetables

Eating a variety of fruits and vegetables helps you get a mix of the vitamins and minerals that your body needs.

- **Red:** Cherries, cranberries, radishes, raspberries, bell peppers, grapes, apples, tomatoes, watermelon
- **Orange:** Squash, apricots, cantaloupe, carrots, pumpkin, sweet potato, oranges, peaches
- **Green:** Asparagus, avocado, broccoli, celery, pears, romaine lettuce, spinach, zucchini, kiwi
- **Purple:** Black berries, blueberries, dates, eggplant, plums, grapes, prunes, figs, cabbage



Peanut Butter

Selection:

- Choose containers without obvious damage; this could mean the **peanut butter** is unsafe to eat.
- Check the “Best by” or “Best if used by” date on the container.

Storage:

- Store **peanut butter** in a cool, clean, and dry place before and after opening.

Nutrition:

- 2 Tbsp of creamy **peanut butter:**
- Provides 188 calories and 7 grams of protein.
- 2 Tbsp of **peanut butter** counts as 2 ounce equivalent of protein on MyPlate.

Uses:

- Pack **peanut butter** in your picnic basket with celery, raisins, and whole wheat crackers for a MyPlate friendly meal.
- Mix **peanut butter** and yogurt for a tasty produce dip.

Budget Friendly Summer Activities!

Being active is great for your mental and physical health! The 2020 Dietary Guidelines for Americans recommends getting 150 minutes of activity every week (~30 minutes daily).



Summertime is the perfect time to move your body more while enjoying the sunshine!

Try these budget-friendly ways to be active outside:

- Enjoy a bike ride
- Go for a walk around your neighborhood or at a nearby park.
- Go swimming
- Go to a local farmers market
- Have a picnic at a park with your family
- Plant a vegetable garden or flower bed
- Play lawn games (bags/corn hole, horse shoes, ladder toss, etc.) with friends, family, and neighbors

Peanut Butter Balls

Serves: 25 | Serving Size: 2 balls (makes 50 balls)

INGREDIENTS

1 can (15 ounces) great northern beans (drained and rinsed)
1/3 cup honey
1 Tbsp vanilla
1 1/4 cup peanut butter
1 1/2 quick cooking oats

INSTRUCTIONS AND TIPS

1. Mash great northern beans with a fork in a bowl until smooth.
2. Add honey and vanilla. Stir.
3. Add peanut butter. Stir until blended.
4. Stir in oatmeal.
5. Wash hands. Use a tablespoon to scoop up the mixture and shape into a ball.

Tip

Alternate Peanut Butter Balls with washed fresh fruit (e.g. kiwi slices, grapes, strawberries, etc.) on a tooth pick or kebab stick

Storage

Store leftover balls in an airtight container in refrigerator for 3-4 days, or freeze on a cookie sheet until solid, then place them in a freezer bag for several weeks.

Nutritional analysis (2 peanut butter balls): 130 calories, 7g fat, 1g saturated, 100mg sodium, 12g carbohydrates, 2g fiber, 5g sugar, 4g protein. This recipe is adapted from

<https://spendsmart.extension.iastate.edu/recipe/peanut-butter-balls/>

Milestones Area Agency on Aging

Milestones Area Agency on Aging helps lowans ages 60 years and older to maximize their quality of life and remain independent.

They offer many programs to keep older lowans healthy and safe such as:

- Financial assistance
- Caregiving
- Nutrition and wellness

Visit their website or call about the variety of resources they offer!

Website:

www.milestonesaaa.org

Phone: 1-855-410-6222

Helpful Resources

Nutrition, Food Preparation and Food Safety Information

ISU AnswerLine
1-800-262-3804

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