



**Volunteers  
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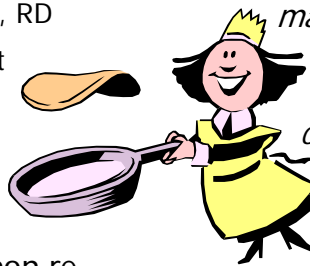


# Cookin' for Me, Myself, & I

by Leighanna Konetski, RD  
Community Nutritionist

I've heard from many clients that they aren't cooking anymore. When asked why, a common response is, "I just don't feel like cooking for myself." I'm no different. Before I was married I struggled with cooking for myself too. I didn't have the time or the desire to make intensive meals. Although you may be dining solo it doesn't mean you have to restrict yourself to frozen dinners. Our food supply has changed so much over the years that we can cook healthy smaller meals without expensive ingredients that must be labored over for hours. In fact, eating healthy without cooking can be as simple as powering up a lower-sodium frozen entrée with fresh fruits, vegetables, or a dinner salad, and then washing it down with a glass of milk. Read the tips below for quick, healthy additions to meals that don't involve a lot of time or effort to prepare.

*\* Keep in mind, when you are purchasing frozen dinners, frozen foods, ready-*

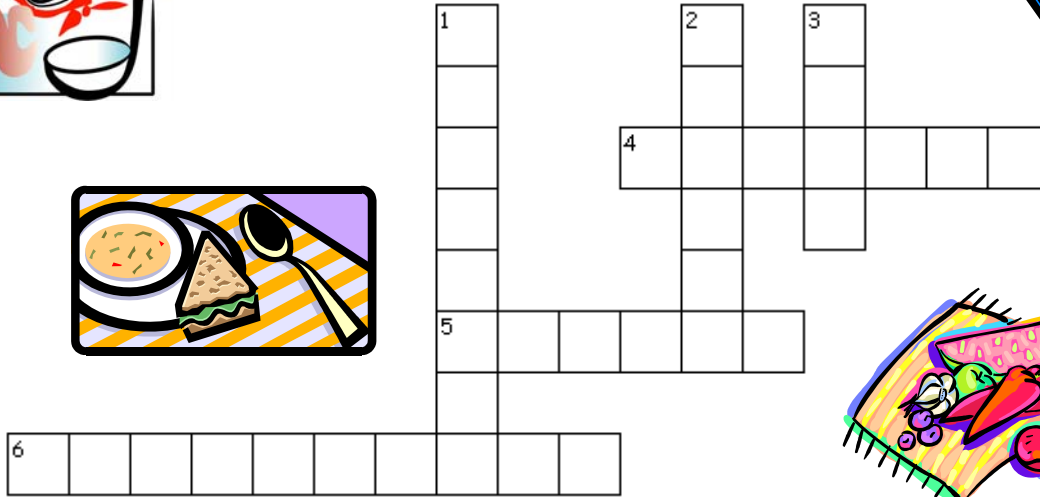


*made foods, or canned foods check the nutrition facts panel and choose the ones with the least amount of sodium per serving. Aim for foods that have 400mg or less of sodium per serving.\**

1. Go fresh first. When putting your meal together always start with sides of fruits, vegetables, and/or a dinner salad. Then add the entrée.
2. Don't forget the milk! Wash down your meals with a glass of milk, soy milk, buttermilk or lactaid.
3. Try ready-made. Use ready made rice dishes like Uncle Ben's Whole Grain Brown Rice for a quick side dish. Mix with vegetables and nuts for a twist, or add it to soups for increased fiber.
4. Add frozen vegetables to low-sodium canned soups and turn chicken noodle into vegetable chicken noodle.
5. When you get the urge to cook—freeze leftovers to eat on the days you don't have the energy.



# What's Cookin' Crossword



Use this newsletter to solve the above crossword puzzle.

### Across

- 4. \_\_\_\_\_ snacking can fit into an overall healthy eating plan.
- 5. Add \_\_\_\_\_ vegetables to low-sodium canned soups.
- 6. When putting your meals together, always start with sides of fruits and \_\_\_\_\_.

### Down

- 1. The more \_\_\_\_\_ fruits and vegetables you eat, the better.
- 2. When you get the urge to cook \_\_\_\_\_ the leftovers for later.
- 3. Wash down your meals with a glass of \_\_\_\_\_.

### Answers to last months crossword puzzle:

**Across:** 1. Coupons 5. Hungry 6. List 7. Bulk

**Down:** 2. Season 3. Expiration 4. Cherry-Pick







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The Volunteers of America is a national non-profit, spiritually-based human services organization. Since 1896 Volunteers of America Colorado Branch has been seeking to identify and serve the basic needs of the most vulnerable individuals and families in our community. If you would like information on how you can get involved, please call us at:

303-297-0408.

Ask for Meals on Wheels.

*The Nutrition Division is funded in part by the Denver Regional Council of Governments Area Agency on Aging.*

## Mince Your Way Through the Day

My grandmother always said she preferred to "mince." What she meant was she preferred to nibble, snack, and munch all day long on a lot of different foods rather than sit down to a meal. Little did she know but she was ahead of her time. Healthy snacking is a great way to keep your energy level up, help control diabetes and curb overeating. The biggest myth about snacking is that you shouldn't do it. If done consciously and in control, healthy snacking is a great way to alleviate having to prepare larger meals and can fit into an overall healthy eating plan. The following are some ideas for turning healthy snacks into mini-meals:



- Add fruit, low-fat granola, oatmeal, nuts, or dried fruit to low-fat or non-

fat yogurt

- Add fruit or vegetables to low-sodium cottage cheese
- Add peanut butter or cheddar cheese to sliced apples
- Add your favorite unsalted nuts to low-fat popcorn
- Mix a smoothie with non-fat or low-fat yogurt, peanut butter, and a banana
- Try sliced hard boiled egg with paprika on wheat crackers
- Add cinnamon and raisins or frozen strawberries to unsweetened applesauce
- Try low-sodium canned sardines with mustard on wheat crackers