



# Southwestern Vermont Council on Aging Nutrition and Wellness Corner

## Rutland Office

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**WWW.SVCOA.ORG** ✨ **HELPLINE 1-800-642-5119**

## "Ask the Aunts" - Your Monthly Q&A Opportunity with Judy and Norma

**Dear Samantha from Bennington,**

Thanks for your fabulous question! You asked, "What is one habit that you do daily, that you feel has helped you stay youthful?" Well, darling, pull up a chair, grab a cup of tea, and let's dish out some timeless wisdom with a side of chocolate chips.

### **Judy's Tip: Get Yourself moving and Walk!**

First things first, if you remember Ringo Starr's wisdom, "Got to get up to get down" – seriously, there's nothing like a brisk walk to get the blood pumping, the endorphins flowing, and the neighbors waving. Walking not only keeps us fit, but it's also a fantastic way to reconnect with your neighborhood friends. You know, those people you wave to from your car but haven't actually talked to in ages.

Moving around is the perfect excuse to catch up on all the local happenings. I've got this walking buddy, Larry – honestly, I don't even know his last name – but we've become the best of pals through our daily strolls. We look out for each other, share stories, and check in to make sure everything's alright.

I've also met the sweetest family who fosters children. Walking with them has been a joy, watching these kids grow and, in many cases, find their forever homes. It's a bit nerve-racking because I'm now tasked with keeping up with the energy of five-year-olds. Trust me, nothing gets you moving like a race against a kid who thinks they're Sonic the Hedgehog. Plus, walking is a great way to sneak in some exercise without feeling like you're working out. So lace up those sneakers, grab a buddy, and hit the pavement! And if you happen to spot a moose or some maple syrup taps, well, that's just a bonus. Just remember to smile and nod at everyone you see – it's like a mini parade in your honor.

### **Bonus Tip: Make Chocolate Chip Cookies!**



To submit your questions to Judy and Norma,  
please follow this  
[link:https://forms.office.com/r/RicVspJxJC](https://forms.office.com/r/RicVspJxJC)



Now, on to the sweet stuff. You know what keep me going? . Baking – and more importantly, eating – chocolate chip cookies! There's something truly magical about whipping up a batch of warm, gooey cookies. The smell alone can take you back to simpler times, and who doesn't love the taste of a freshly baked cookie?

Here's a pro tip: don't just make cookies, make 'em big! Big enough that one cookie feels like a meal. That way, you can justify eating more of them.



The Aunts

# Highlight! Locally Yours!

VERMONT FARMERS FOOD CENTER | JUNE 26, 2024

## LOCALLY YOURS NEWSLETTER



We're excited to announce the return of our local produce vegetable distribution program, in partnership with the Vermont Farmers Food Center (VFFC) in Rutland and Bennington County! This year marks our second season, and every week, VFFC will bring fresh produce from local farmers to older adult community centers in Bennington and Rutland counties. This program is designed for adults aged 50+ and older, spanning 15 weeks starting June 26th! Each week, VFFC will also provide a newsletter featuring recipes and nutritional information related to the CSA offerings.

### Why Kale?

Seems like kale has been the trendy veggie to eat lately. Lots of restaurants offer kale salads or white bean and kale soups. But a lot of people find it to be tough to eat and bitter. Have you tried kale?

We like this green not only because it holds absorb dressing and stays chewy so you can eat the next day, but also because the nutty, slightly bitter and brassica flavor goes with everything (kale is in the same family as broccoli, brussel sprouts and cabbage).

The key to tender bites of kale in a salad, is to chop it up very fine and drizzle with a little dressing. You can use your hands to rub the dressing in. The leathery leaves will absorb the dressing and soften with the flavor. Try it out and let us know what you think or send some tips for others

**For more details, please call our local HelpLine at 1-800-642-511**

### Riddle of the Month: A Culinary Conundrum!

Dive into this month's challenging riddle designed for the keen-minded food lovers among us. Get ready to puzzle over this tantalizing teaser: "I am a type of food that starts its life in a field. I am harvested and then processed. I am often seen as a staple in many diets around the world. I can be white, brown, or even wild. I am often boiled or steamed before being eaten. I can be found in sushi, served with beans, or as a side dish. In some cultures, I am a symbol of prosperity and fertility. What am I?"



## **Meals on Wheels Volunteer's Get 10% OFF Oil Changes at Pittsford Auto**

The spirit of giving and community support truly comes full circle with Meals on Wheels. Volunteers pour their hearts into delivering meals to older adults in our community in a compassionate and caring manner.

Which is why we are excited to announce that a local business has stepped forward to acknowledge these selfless acts, Pittsford Auto has generously decided to give Meals on Wheels Volunteers a discount of 10% off on oil changes.

**To become a volunteer, contact SVCOA's  
Volunteer Coordinator, Nicole Woodie at  
802-772-7853,  
or Email [nwoodie@svcoa.net](mailto:nwoodie@svcoa.net)**



# MULTIPLY YOUR 3SQUARESVT DOLLARS WITH CROP CASH AT YOUR LOCAL FARMERS MARKET.

When you spend SNAP/3SquaresVT at participating farmers markets, you receive extra money to spend on fruits, vegetables, herbs, seeds, and plant starts at the market. Markets will match \$20 or more per day

If you receive your SNAP/3SquaresVT benefits through direct deposit, you can still receive Crop Cash!

Let the market manager know how much of your SNAP/3SquaresVT benefits you plan to use at the market. Then purchase \$1 tokens for that amount using debit, cash, or check and the manager will give you Crop Cash coupons to match that amount.

**For more information and a full list of participating markets, visit [NOFA VT Crop Cash](#).**

## DID YOU KNOW?

NOFA is also excited to share that they have partnered with the Vermont Language Justice Project to create an informational video for Crop Cash in 17 languages. Visit [NOFA Vermont](#) to learn more.



CROP CASH is  
made possible by:



Riddle Answer: Rice

Rice is more than just a clever answer to a riddle; it is a fundamental staple that has shaped cultures, economies, and culinary traditions around the world for centuries. This versatile grain sustains nearly half of the global population, providing essential nutrients and calories. Its significance extends beyond the dinner plate, influencing everything from agricultural practices and water management systems to social rituals and festivities.