Senior Resources is YOUR Area Agency on Aging serving 56 towns and 2 tribal nations of Eastern Connecticut and managing state and federally funded programs related to Aging and Disability, like the Senior Nutrition Program.

We would love to hear how these programs have an impact on your life!

19 Ohio Avenue, Norwich, CT 06360; www.SeniorResourcesEC.org; Phone 860-887-3561 or 800-690-6998 Our Registered Dietitian, Alison, is at Extension 115

March is National Nutrition Month “Go Further With Food”

Choose foods which fuel your body to be stronger, healthier and ready to go the distance. While there is a lot of science out there in the food industry, most times, simpler is better. Choosing less processed foods is a good way to make sure they are foods that will provide good energy, vitamins and minerals for your body without added salt and sugar. Make sure you plan meals to fuel your body with a variety of foods throughout the day, starting with breakfast, to keep your energy up and your body working at its best all day long.

Get the most goodness with every food dollar. Purchase foods at the best value by watching circulars for sales and looking at the unit pricing for cost comparison of similar items. Use all the items you buy by planning meals for what you purchase, creating new meals from leftovers or freezing items before they go bad. Store foods correctly to prolong their usefulness through repackaging bulk purchases to smaller sealed and labeled containers, refrigerate or freeze foods promptly, keep foods out of sunny locations. Explore ways to decrease food waste such as using items in different ways, composting scraps or unusable items, growing your own produce, make exciting soups, salads, or omelets.

SNAP to Healthy Eating! The Supplemental Nutrition Assistance Program and Seniors

Do you look for ways to save money at the grocery store? Clip Coupons? Watch for specials? Buy produce in-season? Keep up the Good Work! Did you know that you may qualify for an extra $15 or more each month to help pay for healthy foods at the grocery store? US Citizens and legal residents with low income can apply through their state for this benefit. Seniors (age 60+) and/or those receiving disability income have an easier application process. Find more information at ct.gov/dss/SNAP or call Senior Resources for a Benefits Enrollment Center appointment.