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.

**Cooking with a KISS (Keep It Simple Silly)** - You don’t have to be a celebrity chef or spend a lot of money to eat great food. Some of the best meals are simply prepared and work with family traditions. Roasted meats and vegetables are an excellent way to intensify the natural flavors of foods and all you need is an oven! Cut items into similar size, lay out on a roasting pan, drizzle with olive oil, roast for about 30 minutes in 375-degree oven, turning occasionally. Add less familiar items such as Brussel Sprouts, Turnip or Kale with more familiar items like Potatoes, Squash or Carrots. Cook meats separately to ensure doneness. Try a “Fancy” Frittata: Load greased muffin tins or baking dish with an assortment of chopped cooked/soft vegetables and diced meat (can be previously frozen or leftovers), whisk eggs in separate bowl, add a dash of your favorite dry spice and pour over filling until just covered. Bake in 350-degree oven for about 20 minutes or until eggs are firm. Make different meals from your leftovers of any meal by packaging them as a heat-and-eat meal with different frozen vegetables than you used the first time (Label, Date and Freeze for another week or month). Always try to choose foods in their most simple form and Kiss the Cook (You!)—making foods with care for your health and others is a great way to show your love!

**Snacking for a Reason** - Most of what you eat should happen at meals but.... Sometimes, we need a snack for energy, low blood sugar or changing schedules. Snacking on the “quick and easy” items like potato chips can derail an entire day of good eating. Well-prepared snacking can improve your health and bolster your energy without going overboard. Choosing snacks with a bit of protein and a variety of nutrients helps to power you through. Although you may feel hungry, make sure the snack is not too much to prevent you from being ready for your next meal. Mindful snacks might include: a handful of almonds, plain yogurt with fresh fruit, celery or apple with nut butter, milk with whole grain cereal OR try these little make ahead energy bites: Equal parts 1) Pitted Medjool Dates, 2) Unsalted Nuts (like used in baking), 3) Dried Fruit. Pulse in food processor. Roll into 1” balls, coat with shredded coconut. Store in airtight container or freeze. Serving size is 2 pieces.

**IBS Awareness Month “Don’t Suffer in Silence”** - IBS (irritable bowel syndrome) is a medical condition. People with IBS experience chronic, recurrent bowel problems and abdominal pain usually with constipation, diarrhea, pain or a combination of these. A person with IBS will experience intestinal discomfort every day; however, the frequency and severity of IBS symptoms vary and are not predictable. If IBS is not managed, it can disrupt personal, professional and social activity. While the cause of IBS is not known, it is a common disorder with an estimated 9-23% of the global population affected; over 30 million people in the United States have this condition and it is 2/3 more common in women. IBS cannot be cured but it can be managed with medical assistance. In many cases, people with IBS “Suffer in Silence” because they do not seek help or discuss it with other people. Please don’t suffer; discuss your concerns with your physician or medical care provider.