

It's time for WI Senior Farmers' Market Vouchers!

New this year:

- The voucher sets increased from \$25 to \$35.
- Vouchers are available per person instead of per household. Each person age 60+ can receive their own vouchers.

Starting in June, the Area Agency on Aging (AAA) of Dane County will distribute farmers' market vouchers to older adults to purchase \$35 in fruit, vegetables, or herbs at farmers' markets and roadside stands during the 2023 growing season (June 1—October 31).

The vouchers are distributed on a first come/first serve basis to those **age 60+**, who live in Dane County, and have gross incomes under \$26,973 per year (or \$2,248/month) for a one person household and \$36,482 per year (or \$3,041/month) for a two person household. One set of vouchers is available per person.

Distribution of farmers' market vouchers will be done by mail. Individuals that received vouchers last year will automatically receive an application by mail this year mid-May. If you wish to apply to the program, or need to update your mailing address, contact AAA Dietitian Shannon Gabriel at 608-261-5678 or Gabriel.Shannon@countyofdane.com. Once we receive and approve your application, vouchers will be mailed out starting on June 1st.

The Senior Nutrition Program includes THREE servings of fruits or vegetables at each meal!



So how much produce should you be eating? First and foremost, any amount of produce that you can include is great! Some is better than none, right? YES! Now the answer to that question that is based on extensive research from the Dietary Guidelines for Americans is approximately 3.5 to 4.5 servings of fruits and vegetables per day. A serving of produce is 1 cup of leafy greens or a 1/2 cup of chopped fruit or vegetables.



Cooking for One or Two: Sautéed Parmesan Zucchini

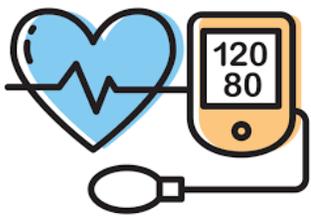
- 1 tsp. extra virgin olive oil
- 2 tsp. butter, divided
- 1/4 c. onion, thinly sliced
- 2 small zucchini (3/4 lb.)
- 1/8 tsp. black pepper
- 1/2 tsp. dried thyme
- 2 pinches of salt (or omit)
- 1.5 tbsp. parmesan cheese

1. Trim off zucchini ends and cut into 1/2 inch thick slices
2. Heat the oil, 1 tsp. butter, and onion in medium non-stick skillet over medium-low heat. Cook gently until the onions begin to brown, about 10-11 minutes.
3. Add zucchini, thyme, salt, pepper, and butter. Increase heat to medium and continue to cook, stirring, until zucchini is just cooked through and beginning to brown, about 12 minutes.
4. Sprinkle with parmesan.



Adapted from: wellplate.com

Hypertension Awareness!



Hypertension, often referred to as high blood pressure, can affect the body in many ways and can lead to an increased risk of stroke, heart attack, or other serious diseases. Here

are some tips to help you keep your blood pressure in a healthy range:

Know Your Numbers: For most adults a healthy blood pressure is less than 120/80.

Know Your Risks: Anyone can develop high blood pressure, but some things increase the risk. Being overweight, having an unhealthy diet, using tobacco, or having high levels of stress can increase blood pressure.

Know Yourself: You may have warning signs that you've been writing off. These include tiredness, low energy, sleeping problems, hot flashes, fluid retention, headaches, blurred vision, and chest pain. If something doesn't feel right...

Don't tough it out— check it out.

Healthy Living with Chronic Pain Workshop

A 6-week workshop proven to help people with chronic pain better manage their condition.

What is Healthy Living with Chronic Pain? This workshop is designed to help people with chronic pain learn coping skills, increase confidence, and minimize the adverse affects of pain. These small group workshops are led by two trained facilitators and meet one hour per week for six weeks.

Participate in the comfort of your own home!

Register for the next phone-based workshop:

Tuesdays 10:00am – 11:00am

September 12—October 17, 2023

Where: Over-the-phone | Cost: Free

(Option to donate \$15 to cover class materials to Area Agency on Aging)

Register by calling either facilitator by Sept. 1st:

Julie 608-332-1077 or Deanna 608-669-7352



Give it a Try! Salt Free Seasoning Blend

Did you know that nearly 90% of Americans are consuming too much sodium? This is largely due to the prevalence of processed foods and dining out. In addition to the healthy benefits, limiting salt while cooking also provides opportunity to explore other flavors. Spicing up a meal with seasonings you do not normally use can be a fun challenge! This recipe is a simple and versatile way to spice up your meals salt free and is great on everything from chicken to fish to popcorn.

Endless options!

Ingredients:

1 T. garlic powder	1 T. onion powder
1 T. dry mustard	1 T. paprika
1 tsp. dry thyme	1 tsp. dried basil
1/2 tsp. pepper	1 tsp. cayenne (or omit)

Mix all spices together and place in a shaker jar.

Recipe yields 5 tablespoons. Try this with the zucchini recipe on the front page (in place of the requested spices). Yum!



Nutrition News

For more information on this publication, contact Shannon Gabriel, RDN, CD

(608) 261-5678

Gabriel.Shannon@countyofdane.com

<https://aaa.dcdhs.com/nutrition.aspx>

2865 N Sherman Ave

Madison, WI 53704