

December

Lunch: under age 60 - price - \$7.00 / age 60 & over - suggested donation - \$6.00
Lunch Served: Wednesday & Thursday 11:30 am - 12:30 pm

Lunch Served: Wednesday & Thursday 11:30 AM - 1:00 PM

Friday Entertainment @ 11:30 A.M.; Lunch NOON until 1:00 P.M.

Hours of Operation:

9:00 AM - 3:00 PM
Wednesday thru Friday

Take Out: Call 208-847-3141

To Schedule Pick-up Time

Menu Subject to Change Due to

Availability of Food



BEAR LAKE SENIOR CENTER

Changing Lives One Meal at a Time

LOCATED JUST NORTH AND EAST OF THE HELICOPTER PAD

300 HOSPITAL PLAZA - 115 S 4TH STREET

• MONTPELIER, ID 83254 • 208.847.3141 •

300 INDEX

**Winter
is
here!**

December

Along with the holidays, snow, and hot cocoa come many viruses, coughs, and colds.

Please help us reduce the spread of germs with proper handwashing. December 5-11 is *National Handwashing Awareness Week*. According to the Center for Disease Control and Prevention (CDC), the following steps can help keep everyone healthy this winter season:

- Wash with soap and water for at least 20 seconds (Singing the song, "Happy Birthday," is at least that long)
- Dry your hands using a clean towel or air dry them
- Wash hands before food preparation, before eating a meal, after using the restroom, after sneezing/blowing nose, after leaving a public space, etc.

What's in season during December?

- Brussel Sprouts – wash clean, slice in half, drizzle with olive oil, salt & pepper. Bake at 375 degrees for 30 minutes on a lined baking pan. Delicious!
- Cranberries, Kale, Green Beans, Broccoli, and Oranges

Easy Citrus Cranberry Sauce

- 1 package of fresh cranberries (usually sold in 2 lb bags), washed clean
½ cup granulated sugar (adjust to taste)
½ cup water
1 fresh orange ; juice and peel or zest

Bring water and sugar to a light boil, add cranberries and let sit for about 5 min, just until they begin to burst open. Turn off heat and mix in orange juice and zest. Let cool and enjoy! Store in an air-tight container in the refrigerator for 7-10 days.

***(To change it up a bit, add your own "mix-ins,"
i.e., raisins, cinnamon, ginger, etc.)***

Stay Active: Even a few minutes of moderate-intensity physical activity can deliver some health benefits and count toward reaching the recommendations.

Some tips for staying active during the holidays include:

- When shopping, walk a few laps around the shopping center before going into stores.

- Take the stairs at every opportunity. If you can't climb all the stairs, take the stairs part way, then the elevator.
- Rather than hunting for the closest parking spot, park farther away and walk briskly to your destination.
- When friends and family gather, go for a group walk. You can make the walk more fun by turning it into a scavenger hunt.
- Play an active group game in your yard or local park.
- Bundle up and take a walk instead of a drive to see holiday lights

Eat Healthily: Eating well supports muscles and bones, boosts immunity, helps the digestive system, and aids in weight management, among other health benefits for children and adults. Good nutrition involves eating a variety of healthy foods. To do that during the holidays:

- If you eat foods that are high in calories, saturated fat, or added sugars, choose small portions and only eat them once in a while. Opt for healthier foods most of the time.
 - At parties and other gatherings, fill your plate with your favorite fruits and vegetables first, then add small portions of less healthy items.
 - If you are taking food to a party, make it your favorite healthy dish. you'll be sure that at least one item at the party will be a healthy choice that you enjoy.
 - Make healthier versions of your traditional recipes by using ingredients with less fat and salt.
 - Spice up baked fish or chicken by adding salsa or black bean sauce.
 - Consider beans in place of higher-fat meats.
 - A plate of salmon on top of roasted peppers, tomatoes, and asparagus.
 - Fill your plate with vegetables and lean protein.
 - Plan activities that don't involve eating.
- Here are some ideas for shifting the focus away from food during the holiday season:
- Volunteer in your community.
 - Try a seasonal activity such as ice skating or winter hiking.
 - Go on a walk and explore a new area with a friend or family member.
 - Visit that museum or exhibit you've been wanting to see.
 - Consider what new healthy traditions you can start this year.

The possibilities are endless!

FREE NUTRITION COUNSELING
thediitian.vanessa@gmail.com