



Healthy Living For Kern County Seniors

SENIORS CAN HAVE FUN AND BENEFIT FROM BETTER NUTRITION AND MORE PHYSICAL ACTIVITY!

The CalFresh Healthy Living program presented by Kern County Aging and Adult Services helps seniors have fun while becoming more involved with their own wellbeing. The programs and classes presented are evidence-based and encourage participation according to each person's abilities.

Please see our Healthy Living Website at: www.kerncounty.com/aas/snaped.aspx

The Kern County Aging and Adult Services CalFresh Healthy Living (formerly SNAP-Ed) Health Education staff delivers evidence based programs to seniors to help them prevent or delay the onset of chronic diseases such as diabetes, by establishing healthier eating habits and being more physically active.

Programs encourage active senior participation in discussions and seniors can share their experiences and ideas.

There are also food demonstrations, bulletin boards, flyers, and other ways for participants to work together to initiate change in their communities.

**** As always, you should check with your physician before you begin any diet or exercise program.***

The Healthy Living programs are presented by the Kern County Aging & Adult Services Department through an agreement with the California Department of Aging. California's Healthy Living program is federally funded by the United States Department of Agriculture (USDA). This institution is an equal opportunity provider.

For a schedule of class locations, dates and times, please visit us on the web at <http://www.kerncounty.com/aas/snaped.aspx>

HEALTHY LIVING

Eat Healthy, Be Active Workshop



Rasmussen Senior Center

INSIDE THIS ISSUE

A New Beginning with CalFresh Healthy Living

Learn how Sheila discovered Healthy Living classes and started feeling better..... 2

Benefits of Home Cooked Meals!

You can have fun cooking great tasting dishes at home, and may benefit in other ways as well... 3

Easy Bean and Corn Pitas Recipe!

Try a great tasting and healthy recipe!..... 4

Peachy Peanut Butter Pita Pockets Recipe!

Enjoy learning a great recipe that incorporates the Dietary Guidelines for Americans..... 6

What CalFresh Healthy Living Programs are available for Kern County seniors, and where?

Find out where you can join in and have fun in one of our evidence based programs such as "Eat Healthy, Be Active", "Staying Healthy Through Education and Prevention," or other programs 8



County of Kern
Aging and Adult Services Department
5357 Truxtun Avenue,
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This institution is an equal opportunity provider.
Visit CalFreshHealthyLiving.org for healthy tips.

A New Beginning with CalFresh Healthy Living

Sheila had just moved into the mobile home park community where she now lives and she wanted to meet people.

Sheila wanted to find ways to get healthier, lose weight, and feel better, and she knew that getting out more would benefit her. However, she wasn't sure how to get started.

After noticing a flyer in the community room, Sheila was surprised to learn about the available CalFresh Healthy Living Nutrition Education, and Physical Activity classes.

Sheila decided to try the classes and participates consistently, and encourages others to do so as well, including her sister Katherine who began participating in classes soon after Sheila did. Although she has lost weight, Sheila says "It's not just about losing weight, it makes me feel good inside."

Sheila says she likes the exercise classes because "It's important to keep moving" and she advises other seniors in her community to get out there and exercise, at their own pace, as well.



(left to right) Sheila Chaidez, Maria Montoya (Instructor), and Katherine Cornejo

Benefits of Home Cooked Meals

Why do we eat out?

Many people eat out often because they believe cooking at home is too difficult, or perhaps they don't like to cook for just themselves. However, it may be possible to make small changes that can benefit our nutritional health.

Why can cooking at home be a better alternative?

Benefits of cooking at home may include improved selection of ingredients that are healthy, such as fruits and vegetables, to add to meals. Also, cooking at home can also help save money by reducing overall food expenditures.



How do I plan for success?

The Centers for Disease Control (CDC) website states: "Since high-calorie foods are everywhere, it's important to take the time to plan ahead to make sure you have healthy options available." Planning ahead can mean shopping for low cost ingredients needed to cook tasty recipes such as those demonstrated by Kern County Aging and Adult Services CalFresh Healthy Living staff shown on the following pages.

Please visit us on the web at: <http://www.kerncounty.com/aas/snaped.aspx>



Bean and Corn Pitas

Kern County Aging and Adult Services

DELICIOUS AND EASY LUNCH OR SNACK !

- * Fast and Easy Delicious Lunch or snack
- * Low-cost , helps stretch your dollars
- * Provides protein and fiber
- * Minimal cooking equipment used
- * Enjoy learning a good recipe for food that incorporates the Dietary Guidelines for Americans to keep you excited about eating and staying healthy!"



Recipe:



Ingredients	Directions	Nutrition facts
• 1 (15-ounce) can low-sodium black beans • 1 cup frozen corn, thawed • 1 cup fresh or no salt added canned tomato's • 1 avocado, chopped • 1 clove garlic, finely chopped • pita pockets1 teaspoon chopped fresh parsley • 1/8 teaspoon cayenne pepper (optional) • 2 teaspoons lemon juice • 1/2 teaspoon chili powder • 2 medium whole wheat • 1/3 cup shredded part-skim Mozzarella cheese	• 1. Drain and rinse beans. In a medium bowl, combine beans, corn, tomato's, avocado • Cut pita bread in half to form 4 pockets, and spoon equal amounts of filling into each half. • Top with cheese and serve.	•Calories 352 •Carbohydrate 54g •Dietary fiber 17g •Protein 16g •Total fat 10g •Saturated fat 2g •Trans fat 0g •Cholesterol 5mg •Sodium 176mg

Frequently asked Questions

- Instead of canned corn can I use real corn on the cob? Yes you can and it's also much more flavorful with corn on the cob.

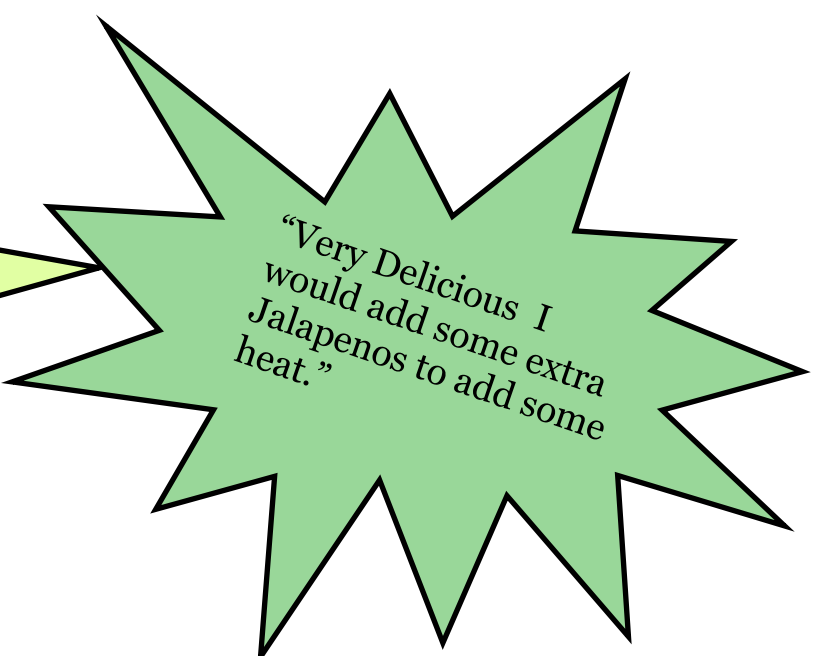
Helpful Hints

- Pita bread can be a staple in your low-carb diet, as long as you choose wisely.
- Various brands of pita pockets can be used for this recipe. You may want to check prices for the best deal.

Comments from Seniors



“Very delicious I liked the colors.”



“Very Delicious I would add some extra Jalapenos to add some heat.”



Peachy Peanut Butter Pita Pockets

Kern County Aging and Adult Services

**DELICIOUS AND EASY
BREAKFAST OR SNACK !**

- * Fast and Easy Delicious Breakfast or snack
- * Low on budget
- * Provides protein and fiber
- * Simple cooking and delicious results
- * Enjoy learning a good recipe for food that incorporates the Dietary Guidelines for Americans
- * keep you excited about eating and staying healthy!



Recipe:

Ingredients

- 2 Pita Pockets
- 1/4 cup Reduced fat chunky peanut butter
- 1/2 Apple (cored and thinly sliced)
- 1 Banana (thinly sliced)
- 1/2 Peach (fresh, thinly sliced)

Directions

1. Cut pitas in Half to make 4 pockets and warm in the microwave for about 10 seconds to make them softer.
2. Carefully open each pocket and spread thin layer of peanut butter on the inside.
3. Fill with a combination of apple, banana, and peach slices.
4. Serve.

Nutrition Facts

- Serving size: 1/2 piece
- Total Calories: 228
- Total Fat: 9.3g
- Saturated Fat: 1.4g
- Carbohydrates: 31g
- Protein: 7.5g
- Fiber: 4.7g
- Sodium: 247mg



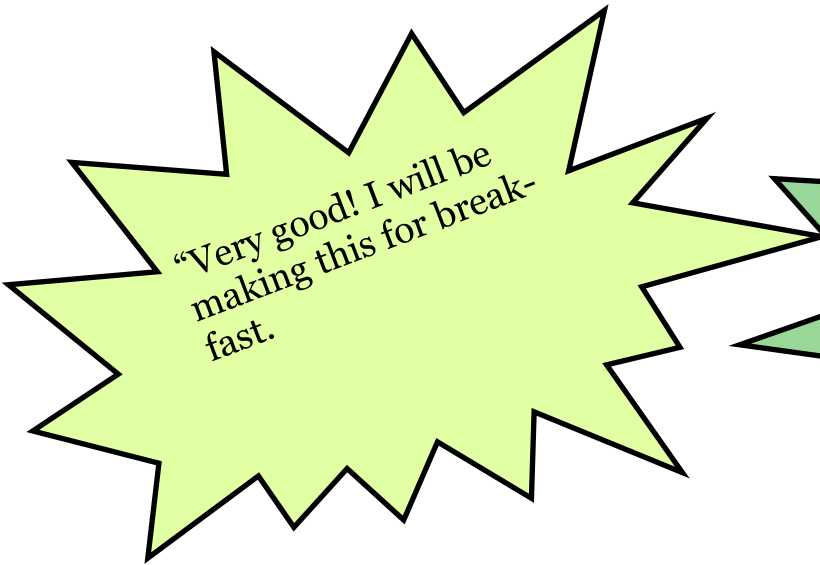
Frequently asked Questions

- Can I add more fruit? Yes you can add nectarines, grapes, strawberries, or kiwifruit.
- How is peanut butter healthy? High in healthy Fats. Despite their high calorie content, eating moderate amounts of pure peanut butter or whole peanuts is perfectly fine on a weight-loss diet.

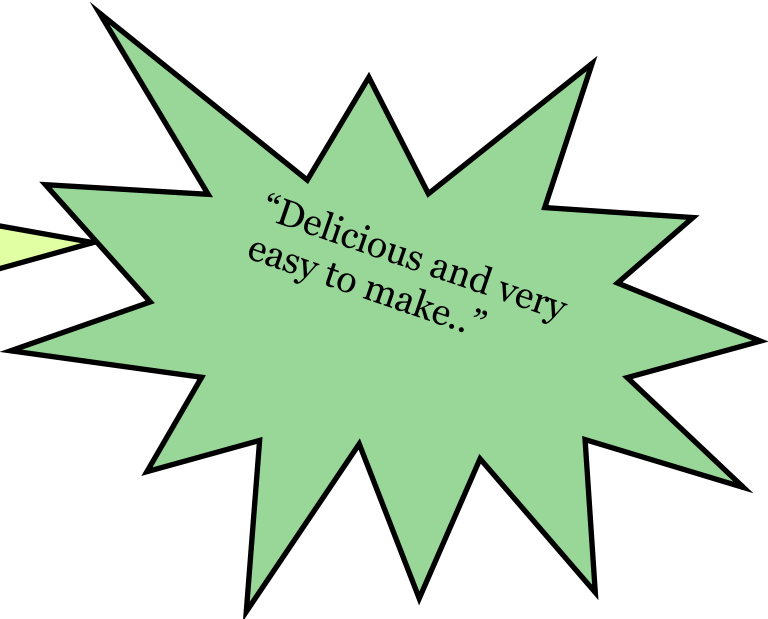
Helpful Hints

- Frozen or canned fruit can be used if their are out of season.
- Various brands of peanut butter can be used for this recipe.

Comments from Seniors



“Very good! I will be making this for break-fast.”



“Delicious and very easy to make..”



Healthy Living For Kern County Seniors: Programs

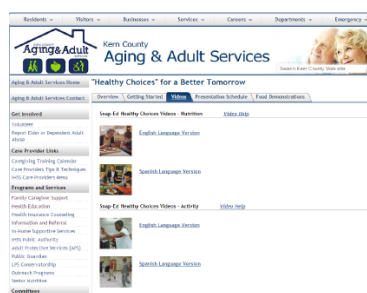
CalFresh Healthy Living Classes and Food Demonstrations



CalFresh Healthy Living Education Materials



KCAASD CalFresh Healthy Living Website <http://www.kerncounty.com/aas/snaped.aspx>



For class locations, dates and times, please visit us on the web at <http://www.kerncounty.com/aas/snaped.aspx>
For information on how your group of seniors may be able to receive services, please contact Kern County Area Agency on Aging Planner Martin Reynoso at 661-868-1061, or Health Education Assistants Maria Montoya 868-0977, Vanessa Hidalgo 868-1065, or Daniela Velasquez at 661-868-1068