

# COASTLINE ELDERLY NUTRITION NEWS

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## Are you Prepared for the Winter?

The cold weather is around the corner, so now is the time to begin thinking about how you can better prepare yourself for the winter season and possible power outages.

Believe it or not, you can store healthy, non-perishable items in your pantry in case the expected happens and you are without power or your Meals on Wheels.

Here is a useful list of healthy food items to keep on hand:

**Dried Fruit** – raisins, cranberries, dates, apricots, etc.

**Nuts/Seeds** – peanuts, almonds, walnuts, sunflower seeds, pepitas, etc.

**Nut/Seed Butters** – Peanut Butter, Cashew Butter

**Shelf-Stable Cheeses** – Laughing Cow Cheese, Baby Bel Cheese

**Crackers** – Triscuits or other whole grain cracker

**Cereal/Granola** – Quick Oats, Oatmeal Squares, Bran Flakes, etc.

**Granola Bars & Trail Mixes**

**Vacuum-Packed Fish & Chicken** – salmon, tuna, chicken

**Shelf-Stable Milk** – cow's milk, soy, almond or rice milk

**Shelf-Stable Pudding, Fruit & Applesauce Cups**

**Instant Hot Beverages** – teas, coffe, apple cider, etc.

### Meals on Wheels and Sodium

Our meals provide up to 1300 mg of sodium. The current recommendation for sodium is 1500-2300 mg of sodium each day. Let's see how our meals fit into the recommendations:

Breakfast	aim to consume	350 – 400 mg of sodium
Lunch: Meals on Wheels	provides	600 – 1300 mg of sodium
Dinner	aim to consume	550 – 650 mg of sodium
<b>TOTAL:</b>		<b>1500 – 2350 mg of sodium</b>