

# PEAS AND CARROTS



Indiana FSSA's Division of Aging

March 2024



## Celebrate the Senior Nutrition Program 2024 • Connection in Every Bite

Indiana Family Social Services Administration's Division of Aging's senior nutrition program provides nutrition services for older adults in our community, including home-delivered meals and meals served in group settings like senior centers. Our services also offer a vital link to other home and community-based supports that increase socialization, independence, and well-being.

This March, Family Social Services Administration's Division of Aging is proud to celebrate the anniversary of the national Senior Nutrition Program with others across the country.

Specifically in Indiana, Area Agencies on Aging have selected March 18<sup>th</sup>-21<sup>st</sup> to recognize as Nutrition Awareness week. The nutrition coordinators have been working hard to provide a meal that encourages the use of herbs and spices to flavor food along with nutrition education highlighting the herb, basil.

Learn more about the nutrition program and other services by contacting FSSA INconnect Alliance at 800-713-9023 or visiting the website at [in.gov/fssa/inconnectalliance/](https://in.gov/fssa/inconnectalliance/) to locate your nearest Area Agency on Aging.

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**"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"**

**- World Health Organization**

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# SPICE IT UP!



Healthy food can also be tasty food. Cooking with herbs and spices enhances the flavor of food without adding fat, sugar, or salt. For more than 4,000 years, spices and herbs have been used to create healthy, satisfying meals. Many herbs and spices also have health promoting properties beyond traditional nutritional value and consequently play a role in the prevention of diet-related chronic disease. For example, using black pepper, curry powder, cumin, dill seeds, basil, ginger, coriander, or onion instead of salt may help decrease salt intake and decrease the risk for cardiovascular disease. Several commonly used herbs and spices naturally possess cancer preventing antioxidants. Did you know  $\frac{1}{2}$  teaspoon of cloves contains more antioxidants than  $\frac{1}{2}$  cup of blueberries? Additionally, the anti-inflammatory properties of some herbs and spices aid in reducing internal inflammation which is believed to be a precursor to chronic disease. Use the list of herbs and spices below to try new recipes, expand your palate, and experience opportunities for creativity in the kitchen and optimal health.

SPICE (Functional Properties)	FORM(S)	TASTE	USE <small>(Recipes with page numbers are from the Operation Live Well e-cookbook. Each recipe can be found on the specified page.)</small>
<b>Allspice</b>	Whole berries, ground	Sweet blend of cinnamon and cloves	Vegetables, baked fruit, hot beverages (e.g. apple cider), roasted lean cuts of chicken and lamb <a href="#">Recipe: Edamame Stew</a>
<b>Cardamom</b>	Whole green or black seeds, ground	Spicy and sweet with a hint of citrus, and floral	Baked goods, hot tea, coffee, rice, roasted lean cuts of chicken and beef
<b>Cinnamon</b> Antioxidants	Whole sticks, ground	Warm, sweet with a hint of clove and citrus	Carrots, squash, sweet potato, oatmeal baked fruits, and hot beverages (e.g. apple cider) <a href="#">Recipe: Cinnamon Glazed Baby Carrots</a>
<b>Cloves</b> Antioxidant	Whole buds, ground	Warm and sweet	Vegetables, baked fruit, and lean cuts of chicken, turkey, and lamb <a href="#">Recipe: Turkey Mole</a>
<b>Ginger</b> Antioxidant, Anti-inflammatory	Fresh root, ground	Peppery and sharp, with a hint of lemon	Vegetables, tea, fruit, stir-fry dishes, tofu, lean cuts of pork and chicken <a href="#">Recipe: Thai Style Chicken Curry</a>
<b>Mustard</b>	Whole yellow, brown, and black seeds, ground, prepared	Tart and spicy	Vegetables, vinaigrettes, fish, lean cuts of chicken, beef, and pork, and pickling <a href="#">Recipe: Sirloin w/Spicy Mustard Apple Chutney</a>
<b>Nutmeg</b> Anti-inflammatory	Whole seeds, ground	Warm, sweet, and spicy	Vegetables, fruit, chicken, veal, lean cuts of chicken and lamb, hot beverages (e.g. chai, coffee) and breads <a href="#">Recipe: Baby Spinach w/ Golden Raisins, Pine Nuts</a>
<b>Paprika</b> Antioxidant, Anti-inflammatory	Ground	Sweet or smoky and hot	Vegetables, soup, fish, lean cuts of chicken, beef, lamb, and pork <a href="#">Recipe: Rotini w/ Spicy Red Pepper &amp; Almond Sauce</a>
<b>Pepper</b>	Black, green, red or white peppercorns, ground	Hot, spicy, and strong	Vegetables, soup, eggs, vinaigrette, lean cuts of poultry and meat <a href="#">Recipe: Broccoli w/ Asian Tofu</a>
<b>Wasabi</b>	Root, powder, paste	Extremely hot and spicy	Vegetables, sushi, vinaigrettes, fish, and chicken



HERB	FORM(S)	TASTE	USE
<b>Anise</b>	Small seeds, ground	Sweet with a hint of licorice	Vegetables, fruit, soup <a href="#">Recipe: Roasted Beets in Orange Sauce</a>
<b>Basil</b> Antioxidant	Fresh and dried whole or chopped leaves	Sweet and peppery	Add to olive oil, sauces (e.g. pesto and spaghetti), fruit, soups, pasta, fish, and lean cuts of chicken and beef <a href="#">Recipe: Asian Style Chicken Wraps</a>
<b>Bay Leaves</b>	Fresh and dried leaves	Mild combination of oregano and thyme	Soup, chowder, sauces, and vegetable, chicken, beef, and turkey stock <a href="#">Recipe: Chicken Picadillo</a>
<b>Caraway Seeds</b> Antioxidant	Whole seeds	Strong licorice	Vegetables, rye bread, soup, and a crust coating for pork
<b>Celery Seeds</b>	Whole seeds	Strong celery taste and slightly bitter	Green and vegetable salads, vinaigrettes, soups, fish, and lean cuts of chicken and turkey
<b>Chives</b> Anti-inflammatory	Small green stems	Mild and onion like with a hint of garlic	Vegetables, fish, potatoes, eggs, and soup <a href="#">Recipe: Limas &amp; Spinach</a>
<b>Cilantro</b> Antioxidant, Anti-inflammatory	Small leaves	Strong mix of parsley and citrus	Guacamole, salsa, yogurt dip, beans, fish, and lean cuts of chicken, lamb, and pork <a href="#">Recipe: Bean and Green Herb Stew</a> (pg. 36)
<b>Coriander</b> Antioxidant	Small seeds, ground	Mild blend of lemon and sage	Vegetables, fruit, and lean cuts of chicken, beef, venison and lamb <a href="#">Recipe: Spinach and Yogurt Dip</a> (pg. 9)
<b>Cumin</b> Antioxidant	Whole amber, white, or black seeds, ground	Nutty and slightly bitter	Vegetables, beans, and lean cuts of chicken, lamb, and beef <a href="#">Recipe: Quinoa With Paprika and Cumin</a>
<b>Dill</b> Antioxidant	Whole seeds	Tart	Vegetables, eggs, pickling, fish, lean cuts of chicken, and veal <a href="#">Recipe: Baked Salmon Dijon</a>
<b>Fennel Seed</b> Antioxidant	Whole seeds	Sweet licorice	Green and vegetable salad, fish, soup, couscous, and lean cuts of beef and pork
<b>Marjoram</b> Anti-inflammatory	Fresh and dried whole leaves, ground	Mildly bittersweet	Vegetables, whole grain pasta (e.g. orzo), fish, and lean cuts of chicken and pork
<b>Mint</b> Anti-inflammatory	Fresh leaves, dried flakes	Strong and sweet with a cool after taste	Vegetables, fruit, pasta, eggs, and lean cuts of chicken, chicken, beef, and lamb <a href="#">Recipe: Couscous with Sun-Dried Tomatoes, Feta and Mint</a> (pg.37)
<b>Oregano</b>	Fresh leaves, ground	Minty with a hint of pepper and balsamic	Fresh tomatoes and tomato based sauces, vinaigrette, fish, veal, and lean cuts of chicken, turkey, and lamb <a href="#">Recipe: Fish Veracruzana</a> (pg.29)
<b>Parsley (Flat Italian)</b> Antioxidant	Fresh leaves, dried flakes	Mildly peppery	Vegetables, soup, salsa verde, hummus, green and vegetable salads, fish, and lean cuts of chicken and lamb <a href="#">Recipe: Seared Scallops and Fresh Pea Puree</a> (pg. 30)
<b>Rosemary</b> Antioxidant, Anti-inflammatory	Fresh leaves	Sweet with a hint of pine	Vegetables, whole grain/whole wheat pasta (e.g. orzo, farfalle), fish, and lean cuts of chicken, beef, pork, and lamb <a href="#">Recipe: Herbed Goat Cheese and Sun-Dried Tomatoes Spread</a> (pg. 10)
<b>Sage</b> Anti-inflammatory	Fresh leaves, ground	Strong, peppery, and slightly bitter	Vegetables, sauces, polenta, couscous, fish, and lean cuts of chicken, turkey, and beef and pork <a href="#">Recipe: Pumpkin Barley Pilaf with Mushrooms and Spinach</a> (pg. 29)
<b>Tarragon</b> Antioxidant	Fresh sprigs, ground	Slightly bitter with a hint of licorice	Chicken, fish, and lean cuts of turkey and pork <a href="#">Recipe: Baked Pork Chops in Cherry Sauce</a>
<b>Thyme</b>	Fresh sprigs, ground	A combination of lemon and pepper	Baked fruit, chicken, fish, and lean cuts of beef, pork, and chicken <a href="#">Recipe: Mushroom Penne</a>
<b>Turmeric</b> Antioxidant, Anti-inflammatory	Fresh leaves, ground	Warm and sweet	Vegetables quick cooking barley, and lean cuts of chicken, fish, and lamb

For more information:

- Craig, W. (1999). Health-promoting properties of common herbs. American Journal of Clinical Nutrition. 70:491–499. Retrieved from <http://ajcn.nutrition.org/content/70/3/491s.full.pdf+html>

- Halvorsen, B., Carlsen, M., Phillips, K., Bohn, S., Holte, K., Jacobs, D., Blomhoff, R. (2006). Content of redox-active compounds (ie, antioxidants) in foods consumed in the United States. American Journal of Clinical Nutrition. 84:95–135. Retrieved from [Science.gov](http://www.science.gov)



Start simple  
with MyPlate



## Grocery Shopping

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When grocery shopping, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### See what you already have

When starting your grocery list, think about the five food groups—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Take a look at the foods you already have in your refrigerator, freezer, and pantry and shop for foods you may be missing.



### Plan your weekly meals

Write down meals you want to make for the week. Think of creative ways to use some of the items you already have together with some new ones. Strive for a variety of foods in each of the food groups.



### Remember the basics

Don't forget to include foods like fruits and vegetables, which may not be a part of a recipe but are great to have as snacks. Fresh, canned, frozen, dried, and dehydrated all count!



### Keep organized for a quick exit

Finish your list by organizing needed items into groups, such as grocery sections or food groups. This helps to stay focused, buy only the items you need, and make a quick exit.



### Look around for savings

Save more by using coupons, signing up for your store loyalty programs, buying foods on sale and in-season, or comparing brands and prices. Store brands are usually less expensive.



### Read labels

Make the best choice for your needs by comparing nutrition and ingredient information by reading the food label or the [Nutrition Facts label](#). Look for those with less added sugars, saturated fats, and sodium.

# Don't Waste Uneaten Food— *Compost It!*

*Food scraps have value.*

Food is the single largest category of material sent to municipal solid waste landfills. In 2018, 35 million tons of food scraps went into landfills. Food in landfills generates methane, a harmful greenhouse gas. You can help the environment by recycling your food waste into compost.



## 1 What is compost?

- Compost is decomposed organic material made from food, leaves, and other material.
- It is a living soil amendment.

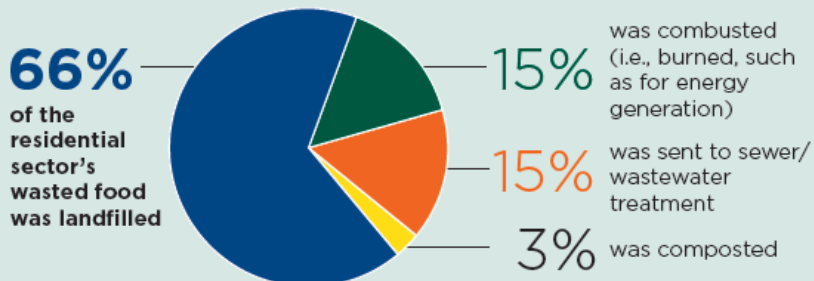
## 2 Why compost?

- Keep food out of landfills.
- Reduce greenhouse gas emissions.
- Use finished compost in a garden to recycle nutrients back into the soil.
- Improve soil health.
- Expand the soil's ability to store carbon.
- Reduce the need for fertilizers and pesticides.

According to the EPA, in **2018**, only 2.6 million tons of food scraps were composted, compared to 35 million tons that went into landfills.



The **residential sector**, which includes single- and multi-family dwellings, generated about **25 million tons** of wasted food in 2018.



## 3 How can I compost?

- Start backyard composting.
- Begin an indoor worm (vermicomposting) bin.
- Drop off food scraps at a community compost location.
- Sign up for a food scrap curbside collection service, or participate in one your city or town might offer.

## 4 What can I compost?

- The basic ingredients for compost are greens (e.g., vegetable and fruit scraps, coffee grounds, grass), browns (leaves, twigs, straw, or other carbon-rich material), water, and air.
- Your community or compost service may accept additional items, so check with them.

### I am interested in composting; how do I learn more?

Visit EPA's composting webpage:

- <https://www.epa.gov/sustainable-management-food/reducing-impact-wasted-food-feeding-soil-and-composting>

SOURCE: <https://www.epa.gov/facts-and-figures-about-materials-waste-and-recycling/food-material-specific-data>



U.S. DEPARTMENT OF AGRICULTURE



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Learn more about how to reduce food loss and waste at [www.usda.gov/foodlossandwaste](http://www.usda.gov/foodlossandwaste) and [www.epa.gov/reducefoodwaste](http://www.epa.gov/reducefoodwaste)

## Word Search Bank

ANNIVERSARY

ANTIOXIDANTS

AWARENESS

BASIL

CORIANDER

ENHANCE

FLAVOR

GREENHOUSE

INFLAMMATION

LANDFILL

OPTIMAL

PREVENTION

PROMOTE

RECYCLE

## WORD SEARCH

E	A	D	R	P	L	U	K	S	R	E	V	P	M	J
N	N	N	Y	E	O	A	S	L	S	H	K	W	R	H
H	B	T	N	C	D	E	M	U	F	L	A	V	O	R
A	W	D	W	I	N	N	O	I	R	X	C	A	L	O
N	Q	L	J	E	V	H	A	B	T	P	J	N	L	M
C	I	O	R	W	N	E	P	I	I	P	X	T	I	I
E	K	A	E	E	O	R	R	N	R	W	O	I	F	L
H	W	E	E	W	O	O	N	S	V	O	E	O	D	S
A	V	R	I	M	F	U	M	S	A	J	C	X	N	M
J	G	N	O	I	T	N	E	V	E	R	P	I	A	B
U	X	T	Z	L	C	Z	C	E	H	C	Y	D	L	A
Q	E	Y	R	I	R	E	C	Y	C	L	E	A	E	X
M	A	I	B	S	D	G	D	X	X	U	O	N	V	N
N	O	I	T	A	M	M	A	L	F	N	I	T	J	X
P	V	P	Z	B	A	E	K	O	G	I	E	S	V	Q

## One-Pot Tomato Basil Pasta

**Recipe Courtesy:** <https://www.eatingwell.com/recipe/270915/one-pot-tomato-basil-pasta/>

**Servings:** 4

**Serving Size:** 1 1/4 cups

**Nutrition Info:** 339 Calories; 55g Total Carbohydrate; 8g Dietary Fiber; 6g Total Sugars; 11g Protein; 10g Total Fat; 1g Saturated Fat; 47mg Vitamin C; 465mg Sodium; 87mg Calcium; 4mg Iron; 100mg Magnesium; 308mg Potassium

### Ingredients:

8 ounces whole-wheat rotini  
1 cup water  
2 cups low-sodium “no-chicken” broth or chicken broth  
1 (15 ounce) can no-salt– added diced tomatoes  
2 tablespoons extra-virgin olive oil  
1 1/2 teaspoons Italian seasoning  
1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
1/2 teaspoon salt  
1/4 teaspoon crushed red pepper  
6 cups baby kale or spinach  
1/2 cup slivered basil  
Grated Parmesan cheese for garnish

### Directions:

Combine pasta, water, broth, tomatoes, oil, Italian seasoning, onion powder, garlic powder, salt and crushed red pepper in a large pot. Cover and bring to a boil over high heat. Uncover, reduce heat to medium-high and cook, stirring frequently, for 10 minutes. Stir in kale and cook, stirring often, until most of the liquid has been absorbed, 5 to 7 minutes more. (if using spinach, add it after about 10 minutes so it cooks in the remaining 2 to 3 minutes.) Stir in basil. Garnish with Parmesan, if desired.

## Contact Us

Contact the Division of Aging at

1-888-673-0002

Monday through Friday  
8 a.m. to 4:30 p.m. EST

or visit us online:  
[www.in.gov/fssa/2329.htm](http://www.in.gov/fssa/2329.htm)

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