Join the Osceola Council on Aging as we celebrate National Nutrition Month and help us to end senior hunger.

You can show your support by being a part of the March for Meals 5k Walk and Run that will be held at the Kissimmee Lakefront Park on Saturday, March 14.

Come in your best St Patrick’s Day outfits and support our local Meals on Wheels Program.

So join the Council on Aging Seniors and support a great cause - Meals on Wheels and Senior Nutrition.

Help Us End Senior Hunger.

MARCH FOR MEALS
5K RUN/WALK & KID’S RUN

JOIN US!
Saturday, March 14, 2020
Kissimmee Lakefront Park
Registration: 7 a.m.
Start Time:
8 a.m. Runners/Walkers
9 a.m. Kids Fun Run

TEAM CHALLENGE
Sign up a team and compete for the Most Spirited Team & Largest Team
For More Information Contact Wilda Belisle, at 407-847-2144 or belislew@osceola-coa.com
Low-Sodium Beef and Cabbage Stew

Ingredients:

2 Pounds of Beef Chuck Roast  
1 Tablespoon Salt  
2 Tablespoon Extra-Virgin Olive Oil  
1 Medium Onion  
4 Cups Low-Sodium Chicken Broth  
4 Large Carrots  
1 Pound Baby Potatoes

Small Head of Cabbage Cut into 1-inch Pieces  
2-3 teaspoons Malt Vinegar  
8 Tablespoons chopped parsley  
Preparation Time: 30 Minutes  
Slow cooker or Stove Top  
Cooking Time: 4 hours 30 minutes

Nutritional Value of Recipe:  
Serving Size: 1 ¼ cup  
Calories: 445  
15 grams Fat  
19 grams carbohydrates  
54 grams Protein  
6 grams sugar  
4 grams Fiber  
127% of your Vitamin A Daily Value  
77% of your Vitamin C Daily Value  
28% of your Iron Daily Value

During the month of March, we give a little extra attention to all of the amazing accomplishments of strong, determined women. Since 1987, the United States has formally recognized March as National Women’s History Month. Every woman has a story to tell and gifts to share with the world. So get ready and share your stories, because this month is about honoring magnificent ladies.

The 2020 Women's History Month theme is “Valiant Women of the Vote.” The theme honors "the brave women who fought to win suffrage rights for women, and for the women who continue to fight for the voting rights of others."

Take the 8 hour AARP Driver Safety Classroom Refresher Course especially designed for drivers age 50 and older.

Tuesday, March 17 from 9 am to 4 pm
At the Osceola Council on Aging
For More information Call 321-895-4017

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407-483-1498  
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<td>8 am Dining Club 1030-1130 Cardio Fitness <strong>Don't forget Sunday, March 8</strong></td>
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<td><strong>Emergency Utility Assistance</strong> Calls are taken on the first &amp; third Tuesday of the month starting at 2 pm until appointments are filled. To apply for assistance with utility bills you need to <strong>call 407-933-9540</strong> for an appointment.</td>
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<td>We're searching for Volunteers Call <strong>Marie</strong> at 407-933-9532</td>
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Add more vegetables to your day

It’s easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

1. Discover fast ways to cook
   Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.

2. Be ahead of the game
   Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.

3. Choose vegetables rich in color
   Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

4. Check the freezer aisle
   Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.

5. Stock up on veggies
   Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

6. Make your garden salad glow with color
   Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. Your salad will not only look good but taste good, too.

7. Sip on some vegetable soup
   Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

8. While you’re out
   If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

9. Savor the flavor of seasonal vegetables
   Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.

10. Vary your veggies
    Choose a new vegetable that you’ve never tried before. Find recipes online at WhatsCooking.fns.usda.gov.

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider, employer, and lender.

Go to ChooseMyPlate.gov for more information.

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June 2011
Revised October 2016

Additional Information Available from
www.ChooseMyPlate.gov or Eat Right Academy of Nutrition and Dietetics at www.eatright.org