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**DELIVERING HEALTHY FOOD TO SENIORS**

May is Older American month. In Frederick County this represents 19% of our population using the definition of 60+ years of age. As a baby boomer I will be a member of this group sooner rather than later. Already I am confronted with concerns over aging parents which has raised my awareness of nutrition services for this vulnerable population.

If you too have these concerns, then reach out to your local Frederick County Senior Center which offers a variety of nutrition initiatives such as:

All centers offer a congregate nutritious meal at lunch. Menus are posted on-line at [https://frederickcountymd.gov/1523/Congregate-Meal-Program](https://frederickcountymd.gov/1523/Congregate-Meal-Program)

Reservations are required at least 2 business days in advance by contacting your local center at one of four locations – Brunswick, Frederick, Emmitsburg, and Urbana.

Home delivered meals are delivered Monday through Friday during lunch hours, to homebound adults, 60 years or older, by Meals on Wheels volunteers. This allows homebound seniors a way to remain in their communities while maintaining nutritional health. Contact your local senior center for additional information about availability, service area, menus and cost. For residents in other areas in the county, contact the Meals on Wheels Coordinator at 301-600-3524.

The first Friday of each month, the Frederick Senior Center sponsors “Groceries for Seniors,” in partnership with the Western MD Food Bank and Seed of Life, Inc. Income eligible seniors can receive free canned goods, shelf stable products and seasonal produce to help them stretch their food dollars. Drive thru service is from 1pm to 2pm only at the Frederick Senior Center, 1440 Taney Ave, Frederick, MD 21702. Please bring a photo ID to register. Upcoming distribution will be next week on Friday, June 5.

The University of Maryland Extension Frederick County office is partnering with local senior centers to offer a special whole grain promotion on Thursday, June 4. Individuals participating in the congregate meal program on that day will receive a complimentary whole grain breakfast food product and educational materials. A food demo showing how to make whole grain recipes will be offered at the Urbana Senior Center. Funding for this event is provided by the MD Grain Producers Utilization Board.

Nutritional health throughout a lifetime influences how a person will age so take advantage of these local resources for seniors and enjoy these whole grain recipes:
QUINOA SUMMER SALAD

1/2 cup quinoa, rinsed
1/4 cup grape tomatoes, halved
1 tablespoon each chopped, red, green and yellow bell pepper
1-2 tablespoons onion, diced
1/4 cup cucumber, diced
1-2 ounces crumbled feta cheese
2 tablespoons reduced fat salad dressing (balsamic, Italian, sun dried tomato, etc.)

Cook quinoa according to package directions. Transfer to mixing bowl to cool.

Add tomatoes, peppers, onion, cucumber, cheese and salad dressing to cooled quinoa. Mix gently. Cover and refrigerate at least two hours before serving. Yields 3-4 servings.

WILD RICE WITH DRIED CHERRIES

8 ounces sliced fresh mushrooms
1 tablespoon butter
15 ounces no salt chicken broth
1/4 - 1/2 cup sliced almonds
1 1/4 cups wild rice
1/2-1 cup dried cherries

Pour broth into an oven proof baking dish.

Toast almonds in a hot skillet over medium heat. Add to broth.

Sauté mushrooms in butter. Remove with slotted spoon to broth. Add rice to skillet to lightly brown and absorb liquid before adding to broth.

Cover dish and bake at 350°F for about one hour until liquid is absorbed. Carefully remove cover and gently stir in cherries. Replace lid and allow to sit until cooled slightly and cherries have plumped. Yields 6 servings.

For more information about the University of Maryland Extension Frederick County Office check out our website http://extension.umd.edu/frederick-county

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