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## EAT WELL, AGE WELL.

### SHELF STABLE EMERGENCY MEALS – CANNED VEGETABLES TO THE RESCUE!

A staple to any complete pantry is canned vegetables. With many options like various beans, olives, corn, peas, beets, artichoke, tomatoes and so much more, the possibilities are limitless. Mix several ingredients such as black beans, corn, and tomatoes for a salsa... or add your favorite veggie to a pasta dish for an easy nutritional boost!

Storing a variety of canned veggies for a “rainy day” can help to create a quality meal when you’re short on time or aren’t feeling up to the task of preparing fresh food. The best part is you don’t sacrifice nutritional content with canned options.

Be sure to exercise caution when purchasing any canned products as the benefits can sometimes be outweighed by the disadvantages. One common issue is a high sodium content. The Dietary Guidelines recommends less than 2300 mg per day. Some of these shelf stable items can easily reach one quarter, or even one half of that in one serving! Whenever possible, opt for the “reduced sodium” or “no salt added” products. You can always add more later if it’s needed or use a salt-free seasoning, herbs or spices to add flavor instead.

## WEEKLY CHALLENGES

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COMPARE SODIUM PERCENTAGES ON CANNED VEGGIES

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STOCK UP WITH 2-3 CANNED ITEMS WHEN AT THE STORE

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ADD ONE CANNED VEGETABLE TO A MEAL

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FIND AND MAKE A CHILI RECIPE WITH CANNED VEGGIES (PINTO, KIDNEY, & BLACK BEANS, TOMATOES...)

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### DID YOU KNOW?

Canning in tins began in 1810...45 years before the first can opener was invented!

## Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

### **Week 1:** Give out/Post

- The 1- page overview handout *Eat Well, Age Well. Shelf Stable Emergency Meals*.
- Placemat/handout – *Black Beans & Rice*
- Table Tent- *Canned Foods*
- *Monthly Tracking Calendar*

### **Week 2:** Give out/Post

- Placemat/handouts – *Quick Mexican Bean Soup*
- Table Tent- *Raisins*

### **Week 3:** Give out/Post

- Placemat/handouts – *Split Pea Soup*
- Table Tent- *Shelf Stable Emergency Meals*

### **Week 4:** Give out/Post

- Placemat/handout- *Trail Mix*
- Table Tent- *Beans*

**To print** the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop-down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full-size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments [pam.vankampen@gwaar.org](mailto:pam.vankampen@gwaar.org)