



The

Dish

With the
GWAAR
Nutrition Team



October 2023

Meal Prioritization/Waitlist Call

Thursday, October 12 | 9 to 10 a.m.

We have updated the meal prioritization/waitlist tool for the GWAAR service area. Please join us to learn more.

A tremendous note of thanks and appreciation for all those who served on the workgroup this year and in the past. It has been a journey; your insights have been invaluable.

October 12 meeting link: <https://bit.ly/3RK1lwq>

Teams Meeting ID: 298 120 566 036; Passcode: gWvhTd
Or call in (audio only) +1 608-338-1382, 293932813# Phone
Conference ID: 293 932 813#

Meals On Wheels America

Speak Up For Seniors! Please check out the link below. Learn how you and your community can read about the legislative priorities. Jump right in to act on these issues. We all need to do our part!

mealsonwheelsamerica.org



Featured Recipe: Maple Nut Cookies

Ingredients

- ½ c unsalted butter, room temperature
- 1 c Dark Brown Sugar
- 1 egg
- ½ c + 1 T Maple Syrup
- 1 t vanilla extract or maple extract (optional)
- 2 c Flour
- ½ t Baking Soda
- ½ t Salt
- ¾ c Walnuts, chopped

Preparation

Preheat the oven to 350 degrees.

Cream butter and sugar in a large bowl. Add in egg and maple syrup. Mix until combined. In a separate bowl whisk together all dry ingredients to combine. Slowly add dry ingredients to wet ingredients and mix to combine. Fold in chopped nuts. Scoop a tablespoon sized amount onto parchment lined baking sheets. Bake for 12 minutes. Makes about 36 cookies.

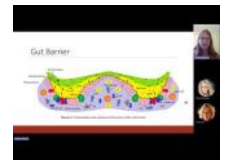


Leaky Gut Overview and Summary Video

Do you realize that your gut health plays a significant role in your overall health? Under normal circumstances, a healthy intestinal barrier prevents toxic elements from entering the bloodstream. However, stress, an unhealthy diet, excessive alcohol consumption, antibiotics and others can cause this barrier to become permeable. When that happens harmful elements can pass thru the barrier and enter the bloodstream and negatively affect a wide variety of major organs and symptoms.

This has been termed “Leaky gut syndrome.” It is a proposed intestinal condition in which a weakening of the intestinal walls allows bacteria and toxins into the bloodstream. The good news is that there are certain foods and nutrients that can help minimize this effect. Katie Asplund, a UW Health Dietetic Intern who is working with the GWAAR Nutrition Team, did an amazing job summarizing a review article on this topic.

[Read the article](#) | [Watch the video](#)



Native American Heritage Month

November marks a time of reflection and celebration as the United States observes Native American Heritage Month. This month-long observance is an opportunity to recognize and honor the rich history, diverse cultures, and enduring contributions of Native American peoples to our nation. It provides a platform to delve into the past, acknowledge the present, and embrace the future of Native American heritage.

The origins of Native American Heritage Month can be traced back to the early 20th century. Native American advocate Dr. Arthur C. Parker, of Seneca heritage, had a vision to celebrate and promote the awareness of Native American culture and heritage. In 1915, he successfully lobbied for the establishment of the second Saturday in May as "American Indian Day." Over the years, the movement grew, and in 1990, President George H.W. Bush signed a joint resolution designating November as "National American Indian Heritage Month." Since then, every U.S. president has issued a proclamation for this significant observance.

As we celebrate Native American Heritage Month, it is essential to remember that the heritage and culture of Native American peoples are not confined to a single month. True understanding and appreciation require ongoing efforts to learn, engage, and respect the traditions and contributions of indigenous communities throughout the year.