Commodity Foods Distribution Program

JANUARY 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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0.00.	9:00am - 9:45am	MA DEMONSE	9:00am - 9:45am	0.00.		
8:00am -		WAREHOUSE	builtu di uz	8:00am -		
4:00pm	8:00am - 4:00pm	CLOSED	10:15am -11:30am 2:00pm - 4:00pm	4:00pm		
10	11	12	13	14	15	16
8:00am -	8:00am -	8:00am -	8:00am -	8:00am -		
4:00pm	4:00pm	4:00pm	4:00pm	4:00pm		
17	18	19	20	21	22	23
				CLOSED		
CLOSED	1:00pm -	8:00am -	8:00am -			
HOLIDAY	4:00pm	4:00pm	4:00pm			
24	25	26	27	28	29	30
8:00am -	8:00am -	8:00am -	8:00am -	CLOSED		
4:00pm	4:00pm	4:00pm	4:00pm	CLUSED		
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31		NOTES: Warehouse Hours Are Shown In Blue				
		Warehouse Is Closed During Lunch Hour: 12pm - 12:30 pm				
WAREHOUSE		Warehouse Will Be Closed: Jan. 5, 17, 21, 28, 31				
CLOSED		Last Issuance Date: 1/27/22				
		USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER				
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P.O. Box 1539 Sacaton, AZ 85147

PHONE: 520.562.9233 FAX: 520.562.3573

commodity.foods@gric.nsn.us

MALNUTRITION in SENIORS

Malnutrition is the inadequate intake of calories, protein, or other nutrients needed for tissue maintenance & repair.

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Malnutrition in seniors can occur due to not eating enough either because of decreased appetite, no money to buy foods, no transportation and/or inability to prepare meals.

Malnutrition also occurs because of increased nutritional needs that happens when someone is growing, going thru, or recovering from an illness and is unable to meet those needs.

Signs of Malnutrition

- Constantly tired, lethargic, or sleepy
- Feelings of depression, anger, or irritability
 - Difficulty concentrating
- Complaints of being cold, or has cold, paper-like skin
 - No interest in eating
 - Slow recovery from illness
 - Decreased muscle mass

How to Prevent Malnutrition in Seniors

Talk to a trusted medical professional regarding your loved one's nutrition and health. Voice your concerns and ask about medications and appetite. Stay updated on any diet restrictions; low sodium, low fat, or low carb diets may not be in the best interest for seniors who are at risk for malnourishment. Use spices and seasonings to liven up food and increase nutritional intake. Find ways to introduce new and nutritious foods to their diet. Consider vitamins or supplements recommended by a doctor. Keep snacks handy. Nourishment is not measured by weight status.

One can be overweight and still be malnourished.

Beef Stew (Serves 12)

2# roast cut into 1" cubes

1 Bag of Stew Mix; Dice celery—Thinly slice carrots—Cube potatoes

—Thinly slice cabbage—Dice jalapeno (to Taste)—

2 Tbsp pepper; 1 tsp each of oregano, Basil, Thyme, & Onion powder; 1 Tbsp pepper, 2 cups flour,

2 Tbsp oil

4 c water, 4 bouillon cubes

DREDGE beef cubes in seasoned flour and BROWN in 2T. Oil. PUT potatoes, celery & carrots into crock-pot. ADD water, bouillon cubes, TOP with browned roast. COOK on high for 4-6 hours

