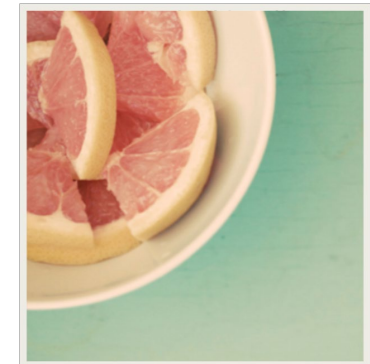
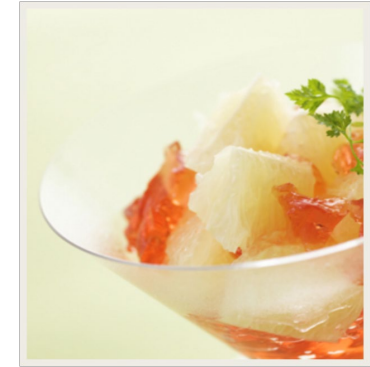


# Commodity Foods Distribution Program

## MAY 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 8:00am - 4:00pm	3 Ak-Chin 7:00am - 7:45am 8:00am - 4:00pm	4 <b>WAREHOUSE CLOSED</b>	5 District 7 Santa Cruz 7:00am - 7:45am 8:15am - 9:30am 1:00pm - 4:00pm	6 8:00am - 4:00pm		Warehouse Is Closed During Lunch Hour: 12pm - 1pm
9 8:00am - 4:00pm	10 8:00am - 4:00pm	11 8:00am - 4:00pm	12 8:00am - 4:00pm	13 8:00am - 4:00pm		
16 1:00pm - 4:00pm	17 8:00am - 4:00pm	18 8:00am - 4:00pm	19 8:00am - 4:00pm	20 8:00am - 4:00pm		
23 8:00am - 4:00pm	24 8:00am - 4:00pm	25 8:00am - 11:00am 1:00pm - 4:00pm	26 8:00am - 4:00pm	27 8:00am - 4:00pm		
30 <b>WAREHOUSE CLOSED HOLIDAY</b>	31 <b>WAREHOUSE CLOSED</b>					
<b>NOTES: Warehouse Hours Are Shown In Blue</b> <b>Warehouse Is Closed During Lunch Hour: 12pm - 1pm</b> <b>Warehouse Will Be Closed: May 4, 30, 31</b> <b>Last Issuance Date: 5/27/2022</b> USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER						



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# Healthy Aging: Changing Nutritional Needs

As we age, some nutrients become more important. Requirements for Calcium, Vitamin D, Vitamin B12, Dietary Fiber, and Potassium increase. Consult with your doctor about the proper use of supplements and increasing your intake of certain nutrients.

## Calcium & Vitamin D

Adults, 70 years of age and older need MORE Calcium and Vitamin D to help maintain bone health.

### **CALCIUM SOURCES:**

Fortified cereals, Juices  
Dark leafy greens  
Canned fish with soft bones  
Fortified plant-based beverages

### **VITAMIN D SOURCES:**

Fortified cereals, juices  
Fatty Fish (Salmon)  
Eggs



## Vitamin B12

Persons over 50 years old don't always absorb Vitamin B12 as well as before, increasing requirements.

### **B12 SOURCES:**

Fortified Cereals  
Lean meats, fish and seafood  
Low-fat dairy products

## Dietary Fiber

Fiber-rich foods help our bowel movements stay regular and keeps our digestive tract properly working. Dietary fiber also aids in lowering your risk of heart disease and type 2 diabetes.

### **FIBER SOURCES:**

Whole-grain breads and cereals  
Beans, peas, lentils  
Whole fruits and vegetables

## Potassium

Having an adequate intake of potassium while reducing salt intake, may reduce the risk of high of high blood pressure.

### **POTASSIUM SOURCES:**

Fruits and vegetables  
Beans  
Low-fat and fat-free dairy products

### **Baja Black Beans, Corn and Rice -Serves 8**

6 cups cooked rice; 1 can black beans, 1 can corn

4 fresh tomatoes, diced; ½ cup red onions, chopped ½ cup cilantro, chopped; 1 jalapeno pepper, seeded & diced; 2 Tbsp. Lime juice; 1 Tbsp. Oil; ½ tsp. salt; ¼ tsp. black pepper; 2 dashes hot sauce

COMBINE beans, corn, tomatoes, onion, cilantro, jalapeno, lime juice, oil, salt, pepper and hot sauce. SCOOP hot rice in a bowl or on a plate. TOP with a generous scoop of the bean mixture. STIR together before eating.

*Per Serving: 224 calories; 2 grams fat; 46 grams carbohydrates; 5 grams protein*

