

OUR COMMUNITY GAVE FROM THE HEART



In February, we called on our community to Give from the Heart – and they delivered! Throughout the month, 210 people donated over \$58k to support the medically tailored meals we deliver to you. Many of those gifts were donated in honor or memory of a loved one, and we posted their names in our buildings as a tribute. We're so thankful to our community for making February a month full of love, compassion, and support for our clients! If you would like to donate to Open Arms in honor or memory of someone you love, visit www.openarmsmn.org/donate.

RESOURCE: CITIZENS UTILITY BOARD OF MINNESOTA



The **Citizens Utility Board of Minnesota (CUB)** is a nonprofit advocate for our state's utility consumers. CUB advocates for affordable, reliable, safe, and clean home energy and helps consumers struggling with a disconnection notice, paying their bills, or looking for solutions to lower their monthly bill and energy usage. You can reach them at **651-300-4701** or info@cubminneosta.org.

HAPPY NATIONAL NUTRITION MONTH!

This year, National Nutrition Month celebrates how **food connects** us to our cultures, our families and our friends.

Sharing a meal is an opportunity to learn about its preparation,

who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. This National Nutrition Month, learn more about these connections and how the foods you eat impact your health throughout life!



Open Arms meals for clients aged 60 and older are significantly supported by **Trellis** and the **Older Americans Act**. If you'd like to make a donation to help support the meals you receive, please visit openarmsmn.org/donate, send a check to Open Arms (attn: Mary Beth Iverson), or call 612-677-2568 for assistance.



Delivery questions? Contact Client Services at 612-767-7333 or meals@openarmsmn.org.

Nutrition questions? Contact Nutrition Services at 612-540-7759 or nutrition@openarmsmn.org.

the NUTRITION NOOK

HAPPY NATIONAL NUTRITION MONTH!

In honor of National Nutrition Month, our Registered Dietitians put together some tips for grocery shopping and cooking on a budget!

CHEAP & NUTRITIOUS FOODS IN EVERY FOOD GROUP!



Fruits: Bananas, apples, frozen fruit, canned fruit (in 100% fruit juice and no added sugar)



Vegetables: Carrots, celery, canned vegetables (look for no-salt added), frozen vegetables



Grains/Carbohydrates: Oats, rice, cornmeal, whole wheat bread, potatoes



Protein: Peanut butter/nut butters, Greek yogurt, beans (canned or dried), canned chicken and fish



Fats: Nuts/nut butters, canned salmon, seeds (pumpkin, sunflower, chia)

SNACK & MEAL RECIPES USING THESE INGREDIENTS



Chicken taco soup: Combine the ingredients listed below into a pot and bring to a boil. Once boiling, reduce heat to low and let simmer for 15 minutes, stirring occasionally.

1 can chicken, 1 can black beans, 1 can pinto beans, 1 can sweet corn, 1 can petite diced tomatoes, 1 can green enchilada sauce (optional), 32 oz. low-sodium chicken broth, 1 tsp cumin, 1 tsp chili powder, 1 tsp garlic powder



Oatmeal: Microwave ½ cup oats with 1 cup water or milk for 90 seconds. Mix in spoonful of peanut butter and add banana or apple slices on top (optional to also add a dash of cinnamon). Similar option includes toast with peanut butter, banana slices and a dash of cinnamon



Smoothie: Add 1 cup mixed frozen fruit, 1 cup liquid (milk, water, etc), and 1 cup Greek Yogurt to a blender and blend until smooth.



Snacks: carrots & ranch, apple slices & nuts, crackers & canned salmon

Want more ideas? Call 612-767-7333 and ask to speak with one of our registered dietitians.