



# FOOD & FUN HOUR: SUPPLEMENTING YOUR OAM MEALS

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Meeting #5

June 5, 2025

5-6 pm

# Group Expectations

- How to interact and discuss via Zoom
- OAM community: all types of affiliations are welcome!
- Code of Conduct
  - We are all coming from different backgrounds and perspectives. Please interact with mindfulness and respect!



# INTRODUCTIONS

**First name & pronouns**



**What's your favorite  
and/or go-to snack?**

# Community Cooking Connections

## Kitchen Coalition through Second Harvest Heartland

Utilizes commercial kitchen spaces and food shelf donations to create meals focused on dietary needs and cultural familiarity.

## The Food Group MN Recipes

## Midwest Food Connection

Teaching seasonally appropriate recipes and cooking lessons in the Twin Cities area!

Pillsbury United Communities: Pay what you can cooking classes at North Market



# Supplementing OAM Meals

*OAM supplies about 2/3 of your weekly nutritional needs.*

*What about that last 1/3??*

Nutrition Education and  
Counseling



Grocery Shopping



Snack and Meal Ideas



# Nutrition Education & Counseling



## Nutrition Education

- Not specific to the individual
- Examples: Eating heart-healthy, how to eat low fiber
- May have a follow up appointment, could turn into nutrition counseling if client is interested
- Written nutrition materials available for all core diagnoses



## Nutrition Counseling

- Specific to the individual
- Assessment completed to gather information about the person, such as health, allergies, food preferences, mobility, cooking experience, etc.
- Usually follow up appointments
- Last fiscal year, the nutrition team did 2,243 nutrition education/counseling sessions

# Grocery Guidance

- Grocery shopping can be overwhelming. So many choices, advice, logistics, etc.
- Having a plan going into your shopping trip can be helpful.
- The shopping list on this slide will be shared in follow up after our time together!



## HEART- AND BUDGET-FRIENDLY SHOPPING LIST

IN GENERAL, FOCUS ON THE OUTER AISLES OF THE STORE FOR THE MOST HEART-HEALTHY OPTIONS AND LOOK ON LOWER SHELVES FOR LESS EXPENSIVE PRODUCTS.

### READING NUTRITION LABELS

When deciding which canned, packaged, or prepared items to buy, try to follow these guidelines:

**Sodium:** Foods with 5% or less of the Daily Value of sodium are considered lower-sodium options, while foods with 20% or more of the Daily Value is considered high-sodium food. Compare products to find lower sodium options or select products with the least sodium per serving.

**Saturated fat:** Select foods that are low-fat or fat-free. Compare products to find which has the least saturated fat per serving. Aim to consume 10% or less of total calories from saturated fats.

**Sugar:** Look at the Added Sugar line of the label. Foods with 5% or less of the Daily Value of added sugar are considered a lower-calorie food. While 20% Daily Value is considered a high-calorie food. Compare products to find which has the least added sugar per serving. Aim to consume less than 10% of total calories from added sugars.

### IN SEASON PRODUCE

When produce is plentiful, it tends to cost less.

#### Summer:

- ☐ Berries
- ☐ Green Beans
- ☐ Peaches
- ☐ Sweet corn
- ☐ Melons

#### Fall:

- ☐ Grapes
- ☐ Broccoli
- ☐ Apples
- ☐ Beets
- ☐ Pears

#### Winter:

- ☐ Avocados
- ☐ Cabbage
- ☐ Oranges
- ☐ Kale
- ☐ Potatoes

#### Spring:

- ☐ Carrots
- ☐ Apricots
- ☐ Asparagus
- ☐ Kiwi
- ☐ Mushrooms

### DAIRY

Go for options low in sugar and saturated fat.

- ☐ Greek Yogurt
- ☐ Milk (skim, 1%, or plant-based)
- ☐ Cottage Cheese
- ☐ Mozzarella Cheese
- ☐ Swiss Cheese

### PROTEINS

Try plant-based options as well as fish and lean cuts of meat.

- ☐ Tofu
- ☐ Canned tuna
- ☐ Chicken breasts
- ☐ Lean ground turkey
- ☐ Dried or low sodium canned beans

### GRAINS

Choose whole grain options to maximize fiber intake.

- ☐ Brown rice
- ☐ Quinoa
- ☐ Oatmeal
- ☐ Whole wheat bread
- ☐ Whole grain cereal (i.e. Shredded wheat, Cheerios, Grape-Nuts, All-Bran)

### STAPLES

Stock your pantry with heart-healthy staples that fit your budget.

- ☐ Olive and/or canola oil
- ☐ Peanut butter
- ☐ No-salt-added spice mixes
- ☐ Seeds (sunflower, flax, chia, pumpkin)
- ☐ No-salt-added canned tomatoes

### SNACKS

While avoiding all packaged food is often recommended for heart health, it's not always realistic. Try these heart-healthy and convenient snacks!

- ☐ Low-sugar trail mix
- ☐ Low-sodium, air-popped popcorn
- ☐ Low-sodium mixed nuts
- ☐ Dried or freeze-dried fruit
- ☐ Dark chocolate

### SOURCES

- [Sweet Spot Nutrition](#)
- [John Hopkins: Heart-Healthy Eating](#)
- [Building a Budget-Friendly Pantry](#)
- [Office of Disease Prevention and Health Promotion: Heart-Healthy Foods Shopping List](#)



# Grocery Delivery Resources

- Keystone Community Services: Grocery Delivery
  - Specific to seniors (65+) and/or adults with disabilities
  - Low-income households with three people or less
- Brightside Produce Distribution: Low-cost subscriptions for an online farmers market with delivery services
  - Services start at \$16 per delivery and serves the metro area
- Gather and Grow Mobile Delivery
  - On the 2nd Wednesday of each month, they deliver groceries to Cologne, New Germany, St. Boni, Watertown, Minnetrista, Mayer, Victoria, and Waconia communities.
- East Side Food Programs: High Rise Mobile Food Shelf for folks in specific apartment buildings under 300% FPL



# Snacks

- **Veggies and Dip**



- Slice and dip raw vegetables like carrots, bell peppers, and cucumbers in two tablespoons of your favorite dressing.
- This snack provides dietary fiber, potassium, vitamin C, and beta-carotene.

- **Turkey Roll Ups**



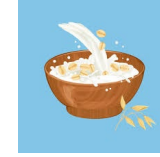
- Spread one teaspoon of mustard on two slices of deli turkey. Add lettuce and sliced cucumber, and/or cheese, to each slice. Roll up and enjoy.
- This snack provides protein, niacin, and selenium.

- **Mini Quesadilla**



- Sprinkle two tablespoons of shredded cheese on a mini whole wheat tortilla. Add some chopped tomatoes, frozen veggies, and cooked beans, then heat in the microwave or in a pan.
- This snack provides protein, dietary fiber, calcium, and vitamin C.

- **Cereal and Milk**



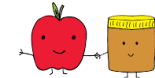
- Mix  $\frac{3}{4}$  to one cup of whole grain cereal with  $\frac{3}{4}$  cup of skim or low-fat milk.
- This snack provides calcium, vitamin E, potassium, and protein.

- **Yogurt Parfait**



- Top 6 ounces of fat-free or low-fat Greek yogurt with  $\frac{1}{4}$  cup fresh or canned fruit plus some whole grain cereal and/or nuts.
- This snack provides calcium, protein, and vitamin C.

- **Apple and Nut Butter**



- Top a sliced apple with one tablespoon of your favorite nut butter (peanut, almond, even sunflower seed butter!).
- This snacks provides heart-healthy unsaturated fat, vitamin E, and vitamin C



# Breakfasts



- **Make-Ahead Breakfast Burritos**

- Scramble eggs and place in a whole wheat tortilla. Add frozen spinach, other chopped veggies, and shredded cheese and roll up.
- Microwave when ready to eat.



- **Overnight Oats**

- Combine one serving of oatmeal, a bit of milk or water, a  $\frac{1}{4}$  cup of Greek yogurt, and any desired mix-ins (berries, nuts, nut butter, dried fruit, cinnamon, etc.) in an airtight container and refrigerate overnight.
- Eat cold or warmed up in the morning.

- **Fruit and Yogurt Smoothie**

- Blend  $\frac{3}{4}$  cup of Greek yogurt and  $\frac{1}{2}$  liquid of your choice (orange juice, water, milk, etc.) until smooth. Then add in  $1 \frac{1}{2}$  cups your choice of frozen fruit and blend to your desired texture.
- If you feel you need more food for breakfast, pair the smoothie with a couple eggs and/or avocado toast.



- **Breakfast Bowl**

- Prep your choice of whole grain (quinoa, brown rice, oats, etc.) and combine with beans and roasted veggies. Top with a couple eggs. Drizzle your favorite dressing or sauce on top.
- You can each element customize this dish to your preferences!

# Further engagement

| Read   | Watch  | Search  |
|--|--|---|
| <a href="#"><u>Edible Communities</u></a> Magazine | Open Arms Nutrition Services Video Series:<br><a href="#"><u>Healthy Meal Cooking Class</u></a><br><a href="#"><u>Tuscan White Bean Skillet Tutorial</u></a> | <i>Eating Well</i> <a href="#"><u>Recipe Finder</u></a> |
| <a href="#"><u>Twin Cities Eater</u></a>           | <a href="#"><u>Recipes for Accessibility: Cooking Along with Boston University</u></a>   | <a href="#"><u>Open Arms Recipes</u></a>                |

# Discussion

- What do you look forward to most with your routines around food and nutrition? What are small ways to add and maintain joy in these necessary processes?
- How do you normally prepare for your grocery shopping? Do you make a list ahead? Do you order online? What are your best practices?
- Beyond cost, what do you find overwhelming about buying food?
- How do you stretch your groceries at home?

# Future Discussion Topics

What would you like to talk about in future meetings?

Any guests would you like to see?

Do any of you have a food topic you'd like to present on?





# Contact us!

**Client Services: 612-767-7333**

Mon – Thurs 8:30 am to 4 pm

Friday 8:30 am to 3 pm

[Meals@openarmsmn.org](mailto:Meals@openarmsmn.org)

**Nutrition Services: 612-540-7759**

[Nutrition@openarmsmn.org](mailto:Nutrition@openarmsmn.org)

If we cannot answer your call live, please leave us a detailed message with your name, date of birth, and what we can assist you with!

If we are having a hard time reaching each other, leave a timeframe that would be best for us to call you back.

**THANK YOU FOR JOINING!**