

## CSFP Newsletter – Summer 2021

*Nutrition Information and Resources for Seniors*

### What's on Your Commodity Food Plate?

The Minnesota Department of Health in partnership with its local agencies administers the Commodity Supplemental Food Program (CSFP) to over 13,000 Minnesota residents over age 60. You may be eligible if you have a household income at or below 130% of the Federal Poverty Income Guidelines. CSFP is offered in all 87 counties in Minnesota. Many of the foods found in a CSFP box are canned to make healthy eating easier. Studies show people who consume six or more canned foods per week are more likely to have diets higher in 17 essential nutrients<sup>1</sup>. Canned fruits and vegetables are just as nutritious as fresh and frozen produce and, in some cases, even better<sup>2</sup>.

### Senior Farmers' Market Nutrition Program



The Senior Farmers' Market Nutrition Program (SFMNP) provides fresh, locally grown, unprepared fruits, vegetables and herbs.

It is a federal program administered by the Minnesota Department of Agriculture. The program runs from July 1- October 31, 2021. Please check with your CSFP distribution site on when you will receive your SFMNP checks!

#### Did you know?

The CSFP cheese is made at the Bongards Creamery in Perham, MN. A farmer-owned co-op with over a century of cheese making expertise. The company is headquartered in Chanhassen, MN. The CSFP cheese is distributed to all 50 States and Indian Territories.



### Days to Celebrate!

#### June

- 4<sup>th</sup> – National Cheese Day
- 17<sup>th</sup> – National Eat Your Vegetables Day
- 20<sup>th</sup> – Father's Day

#### July

- 3<sup>rd</sup> – National Eat Your Beans Day
- 4<sup>th</sup> – Independence Day
- 25<sup>th</sup> - National Parents Day

#### August

- 3<sup>rd</sup> – National Night Out
- 13<sup>th</sup> – National Left Handers Day
- 26<sup>th</sup> – Minnesota State Fair – Opening Day!

## June is National Dairy Month!

June Dairy Month started out to distribute extra milk during the warm months of summer. The commemoration was established in 1937 by grocer organizations sponsoring “National Milk Month.” By 1939, June became the official “dairy month” and is still celebrated today.

A few interesting facts about dairy and farming:

- America’s favorite flavor ice cream is vanilla; chocolate is a close second.
- Farmers measure milk in pounds, not gallons - 8.6 pounds per gallon is the standard.
- It takes about 10 pounds of milk to make one pound of cheese and just over 21 pounds to make a pound of butter.



### Get a Protein Boost with Cottage Cheese!

Cottage cheese is a soft, white cheese made from the curds of various levels of pasteurized cow’s milk, including nonfat, reduced fat, or regular milk. It is an excellent source of protein (14g per ½ cup serving) and has relatively few calories. It is full of many nutrients, such as B vitamins, calcium, phosphorus and selenium (which has antioxidant properties).

- Stir cottage cheese into cooked cereal for a creamy, flavorful nutrient rush.
- Stir cottage cheese into your favorite baked pasta dish, such as lasagna or macaroni and cheese.
- Layer cottage cheese with granola and fruit into a delicious parfait

**Sources:** *The NPD Group’s Food Impact Profile, Analyzing the Healthfulness of Canned Food Users’ Diets, Can Manufacturer’s Institute, January 2014; Miller S and Knudson B. “Nutrition & Costs comparisons of Select Canned, Frozen and Fresh Fruits and Vegetables.” Michigan State University, March 2012; Today’s Dietitian, Volume 18, No. 2, P.30, 2016; <https://fdc.nal.usda.gov>*

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### Beat the Heat with Water!

Drink up! Dehydration is often overlooked as a health risk for older adults.

As we age, our sense of thirst diminishes. When our bodies need to be replenished with water, we may not realize it.

The cause of this reduction is not fully known, but consequences *are* known. Dehydration is a common cause of hospitalization among older adults.

Seniors are also at greater risk of dehydration due to the changes in body composition as we age. Older adults have much less water in their bodies than younger adults and children.

Aim for the 8-glasses a day. Mix it up by adding thinly sliced fruit or vegetables, which will release more flavor and do not remove the rind.

**Source:**

*Clevelandclinic.org/Seniorhealth/November2018*