

hapitimes

AT
ROCHESTER HIGHLANDS



MARCH 2024

NUTRITION MONTH TIPS

During Nutrition Month each March, we focus on making informed food choices and developing healthful eating habits with your family. Here are some tips:



Know Your Foods

- Learn about the different types of farms that produce the foods you love, from fruits and vegetables to meats.
- Buy foods in season and from local farmers whenever possible.
- Look up the nutritional value of foods you eat and find out if you're getting the minerals and nutrients you need to be healthy.
- Take out books from the library or look up articles online on food production and recipes.
- Read labels before putting an item in your grocery cart. Unsure of an ingredient? Look it up!

Try New Foods

- Experiment with recipes using different ingredients. Consider trying a new recipe every week; if you have kids, have them help you pick out dishes to make.
- Make more plant-based meals and snacks.
- Plan more meals with your favorite cultural foods and use family old recipes or find them online.
- Eat foods in various forms, including fresh, frozen, canned and dried.
- Bring out the flavors of food by trying new herbs, spices or fruits such as lemon or lime.
- Try new foods or global cuisines.

Bonus: Work on reducing food waste! Make only what you know you will consume and/or get creative with leftovers.

More: www.eatright.org

HAPI
meals

Cheesy Chickpea and Broccoli Bake

Ingredients

- 1 large bunch (about 1 pound) fresh broccoli, rinsed and cut into medium pieces (include tender parts of stems and leaves) or a 1-pound bag frozen broccoli florets (thawed)
- 1 15½-ounce can chickpeas, drained and rinsed
- 1 tablespoon olive oil
- Salt and black pepper to taste
- 1 cup shredded Gruyere, cheddar or vegan cheese
- ½ cup whole-wheat breadcrumbs



Instructions

- Preheat oven to 400°F.
- If using fresh broccoli, lightly steam it first: Place raw broccoli pieces in a steamer basket inside a saucepan filled with 1 inch of water. Steam on medium heat for 5 minutes or until broccoli is just tender and bright green. Or, steam fresh broccoli in the microwave: Place raw broccoli pieces in a large microwave-safe dish or bowl with ½-inch water at bottom. Cover with a microwave-safe plate and microwave on high for 3 minutes or until just tender and bright green. Drain water.
- Toss steamed broccoli and chickpeas with olive oil. Place in a 9-by-9-inch baking pan.
- Add salt and black pepper to taste. Top evenly with grated cheese, then top evenly with breadcrumbs.
- Bake 10 to 15 minutes, or until cheese is melted and breadcrumbs are lightly browned. Remove from oven and serve immediately.

Recipe: www.eatright.org

Property News

Gardening Time: We welcome Spring this March and it's time to think about gardening!

Call the office if you are interested in having your own garden plot. 271-2680. Ask for Liz to request seeds and a plot number. Looking for more on gardening? Visit www.usda.gov/peoples-garden



Community Offerings and Events

Call 585-216-1887 ext. 4 to register for free events at the Community Center. (More on the calendar.)

Crafts

- **Flower Crafting:** Wednesday, March 13, 2:30 to 4 pm
- **Spring Craft:** Thursday, March 28, 1 to 2:30 pm

Nutrition

Beyond the Table: Minerals, fiber, vitamins, protein, superfoods. What does this all mean and how does it apply to you and your family? Join us to learn more and receive recipes and ingredients to make them at our event on Thursday, March 7, 2 to 3 pm.

Take & Make Meal: Get the recipe and ingredients to make lentil soup on Tuesday, March 12, 1 to 1:30 pm.



We're looking forward to Spring!

Fun & Games

Play games with your neighbors!

- Jeopardy: Thursday, March 7, 12:15 to 1:15 pm
- Card Games: Monday, March 11, 2 to 3:30 pm
- UNO: Thursday, March 14, 12 to 1 pm
- Bingo: Tuesday, March 19, 1 to 2 pm
- Card Games: Monday, March 25, 2:30 to 4 pm
- Adult Game Night: Tuesday, March 26, 5:30 to 7:30 pm

Wellness

- **Blood Pressure Workshop:** Tuesday, March 19, 5 to 6 pm. Have you wondered what the numbers underneath the blood pressure machine stand for or what a good BP is? Get your questions answered about blood pressure health.
- **Importance of Mental Health History Workshop:** Monday, March 18, 2 to 3 pm. Find out how mental health is as important as physical health.

Story Hour with Music & Art. Wednesday, March 20, and Wednesday, March 27, 6 to 7:30 pm. Adults with children up to age 5 are invited to story hour.



Scan here for more!

wise
words

“There are always flowers for those who want to see them.”

— HENRI MATISSE