



May 2022

# FOOD FOR THOUGHT

Fighting Hunger, Giving Hope

## SUMMER HOURS

*\*Effective May 31 - September 2, 2022*

### Cave Creek Food Bank

6038 E Hidden Valley Dr., Cave Creek  
480.488.1145

#### Senior Market Day

Monday 9:00am - Noon

#### Food Sharing Hours

Tue., Wed. & Fri. 9:00am - Noon

Thursday 5:30pm - 7:00pm

### Black Canyon City Community Pantry

34550 Old Black Canyon Hwy, Black Canyon City  
623.374.9441

#### Resource Day

Monday 10:00am - Noon

#### Food Sharing Hours

Tuesday & Thursday 7:30am - 10:00am

Wednesday 9:00am - 11:00am

### New River Community Pantry at My Crossroads Church

42425 N New River Rd, Phoenix  
623.465.9461

Every Friday 11:30am - 1:30pm

*All Foothills Food Bank locations are closed on Memorial Day 5/30, Independence Day 7/4, and Labor Day 9/5, 2022.*

## New Community Based Mental Health Resources Announced

The Foothills Food Bank and Resource center is excited to share a series of counseling opportunities to our community. These individual and group sessions will be offered by the Food Bank and presented by licensed mental health clinicians.

"We're excited to be able to offer additional resources to help our community continue their journey to living a healthy, happy and productive life," according to Robin Kilbane, Resource Manager.



*Robin Kilbane, Resource Manager*

"Sometimes circumstances push us off track and we find ourselves stuck and unable to do the things we had hoped we would do. We are providing services to help develop a plan, reduce symptoms, and improve relationships."

Options will include:

- Individual counseling services for those who need a partner in navigating life's challenges.
- Group sessions to help reduce stress and learn new coping skills.
- Caregivers Group-Caring for caregivers who often experience fatigue, burn out and unique stress that only a caregiver can explain. (video/ Zoom option may be available)
- Resetting Your Life - is for those who have gotten off track and want to explore how to set goals and develop a life plan in a patient and supportive environment.
- Anger management groups are for those interested in learning how to manage feelings, so they don't affect your physical health.

If you are curious to learn more or would like to suggest a topic, please contact Robin at 480-488-1145 ext.102 or robin@foothillsfoodbank.com. A complete list of new resources will be released this summer and scholarships will be available.



### Target Giving Circle

*Voting is open April 1 through June 30, 2022*

Did you know, shopping at Target using the Target app earns you votes that can be cast to help us earn grant money! Get the app through your smartphone app store, sign up in store at the register or online at [target.com/circle](https://target.com/circle).



## High Blood Pressure? Consider Pumpkin Seeds

Eating a healthy diet and exercising can help manage your blood pressure. If you have high blood pressure your doctor may recommend a DASH diet. DASH stands for Dietary Approaches to Stop Hypertension. The DASH diet rich in vegetables, fruits, and whole grains, plus nuts, lean poultry, and fish. Pumpkin seeds are a great snack to include in your diet. Pumpkin seeds are a good source of magnesium, potassium, and amino acid. Beans and lentils are good sources of fiber. Healthy fat sources may also help lower blood pressure. Want to read more? Check out [www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20048456](http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20048456)

## Simple Steps You Can Take to Prevent Food-borne Illness

Washing your hands before cooking and washing the produce before consuming is important to prevent food-borne illness. The best way to wash your produce is under running water even if the skin and rind will not be eaten. For canned food products it is important to clean the lids before opening. Make sure to wash counter tops and utensils with hot soapy water after preparing each food item.

## Save the Strawberry

Do you find yourself throwing away spoiled strawberries? If so, you can try this simple bath of one cup white vinegar to three cups cool water for one pound fresh berries. Mix the liquids and soak berries for 5-10 minutes, then pat dry. This wash will get rid of any mold spores that may be forming on the strawberries and help them last longer.

### Free Notary Services

Available in Cave Creek and Black Canyon City.

Call for details and to make an appointment.

Cave Creek: (480) 488-1145

Black Canyon City: (623) 374-9441



## Super Simple Tips to Sloooooow Brain Aging, Alzheimer's Disease

According to the Mayo Clinic, eating certain foods (and avoiding others) has been shown to slow brain aging by seven-and-a-half years, and can lessen the chances of developing Alzheimer's disease. Who wouldn't want to do that!

This diet is a hybrid of the DASH and Mediterranean diets, with decades of research and documented positive outcomes. University researchers developed the MIND diet to emphasize foods that impact brain health. MIND stands for the Mediterranean-DASH Intervention for Neurodegenerative Delay (we'll just stick with MIND).

### The MIND diet recommends:

- Whole grains: three or more servings per day
- Green leafy vegetables: at least six servings per week (commit to eating a salad every day)
- Other vegetables: at least one per day, especially veggies like broccoli and cauliflower that are rich in folate
- Nuts: five servings per week (dry-roasted or raw, unsalted without extra sodium, sugars or oils)
- Beans: at least three servings per week
- Berries: at least two servings per week
- Poultry: twice a week and fish once per week.
- Wine: one glass per day
- Use olive oil as your main cooking oil and add spices and herbs for flavor

### The MIND diet discourages

- Butter and stick margarine more than a tablespoon per day
- Pastries and sweets more than five servings a week
- Red meat more than four servings per week
- Cheese more than one serving per week
- Fried or fast food more than one serving per week

Looking for more information? Check out [mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating](http://mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating)



### WE WANT TO HEAR FROM YOU!

Let us know what you'd like to read about in future editions! Just give us a call or drop us a note at [info@foothills-foodbank.com](mailto:info@foothills-foodbank.com)



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