



January 11, 2021

FFRx Program Coordinator (Sheena McNeill) 336-705-1858



Oven Roasted Sweet Potatoes and Broccoli

Ingredients:

- 1 head of broccoli
- 1-2 medium sweet potatoes
- 1 onion
- Olive oil
- Salt & pepper

Instructions:

- 1) Preheat oven to 425 degrees.
- 2) Wash broccoli and sweet potatoes.
- 3) Cut broccoli into bite-size pieces, and sweet potatoes into small cubes. Cut onion in half and then slice.
- 4) Put broccoli, sweet potatoes, and onion onto a baking sheet and add olive oil, enough to lightly coat. Season with salt and pepper. Stir to combine.
- 5) Bake for about 15 minutes, or until sweet potatoes are tender and broccoli is beginning to brown.

Blueberries 101

- ♦ Of all the popular fruits and vegetables, blueberries have some of the highest antioxidants. Antioxidants help with reducing inflammation and preventing cancer and heart disease.
- ♦ Eating blueberries regularly may help lower your cholesterol as well as blood pressure.
- ♦ Blueberries also have many brain benefits, including slowing down mental aging.
- ♦ One cup of blueberries contains about the same amount of sugar as a small apple or orange. They may be helpful for diabetes control.
- ♦ Enjoy on a salad, cereal, oatmeal, yogurt, or just as a snack!



the Fresh Food Rx

Food Connection



Staying Connected in a Disconnected World

It has been almost one year since Covid-19 lockdowns and our lives completely changed. Many people feel lonely without their normal routine and safety in visiting with friends, family and loved ones.

Loneliness is impacting a large number of people, and research shows that it can be harmful to our health in many ways, including on the immune system.

Here are a few tips for finding social connection when you feel lonely or isolated:



- 1) To help feeling calm and peaceful when we have so much uncertainty due to the pandemic, try to find a daily routine. Maybe start your day with some gentle stretches before having breakfast.
- 2) Try something new: maybe feeding birds outside, a new hobby, or if you have one—using your smart phone or computer to take a free online tour of famous museums around the world like the Louvre in Paris, or the Met in New York City.

3) Call someone. Maybe that's a friend who you know is worse off than you, or an old classmate or neighbor you haven't seen in a while. If no one comes to mind, use the ONE HOPE program, an outreach of the North Carolina Baptist Aging Ministry. Their phone line is available for anyone over age 65 who would like someone to talk to. The phone number is 866-578-4673, and open every day from 9:00am-9:00pm.

An advertisement with a yellow background. On the right side, there is a red rotary telephone. The coiled cord of the phone is shaped into a heart. On the left side, the text reads: "65+? Lonely? Need to talk? NCBAM's Hope Line is here for you!" Below this, the phone number "866-578-4673" is displayed in large red digits. At the bottom left is the NCBAM logo, and at the bottom right is the text "NORTH CAROLINA BAPTIST AGING MINISTRY".

**65+? Lonely?
Need to talk?**
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ncbam NORTH CAROLINA BAPTIST AGING MINISTRY

- The Institute on Aging also has a 'Friendship Line' open 24 hours/day for Americans over age 60, or adults living with disabilities looking for someone to talk to. The toll free number is 800-971-0016.