

March 2020

Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living



Making Healthy Choices at the Grocery

Grocery shopping can be difficult and intimidating when trying to choose healthy options. Since grocery stores use electron systems at the check out lines, it is very easy for them to track popular items. This helps generate sale items and product placement. This helps to ensure the sale of products. Product companies also spend a lot of time and money to effectively advertise and promote their product. Grocery stores put popular items in high visible areas to encourage shoppers to purchase.

With these temptations, it is hard to stay focused on the healthy options. Talking with your doctor and dietitian/nutritionist can help create a meal plan that can help you with your nutrition goals as well as keep you on track at the grocery.

Make a menu and list according to that menu. While making your menu, look to see what you have in the cabinet that can be a base for a meal. Using what you already have can help save money at the grocery store. It can also help with purchasing too much before it goes bad. When planning your menu, try to pick items you can cook once but eat at least twice. This will help cut down on how many meals you have to prepare. Also, be sure to shop the grocery sale ad. This will help ensure you are purchasing items on sale. These ads also promote in-season food items to ensure best quality for the price.

Though the grocery store can be intimidating, keeping with only what is on your list, you can make the healthiest choice. When choosing canned items, grab “no salt added”. Be cautious with “No Sugar Added” products as that does not mean they are carbohydrate free and may not be the best choice for someone with diabetes. Be cautious with “low fat/ fat free” items. These items can be high in sugar and/or salt.

Try to purchase as many whole fruits and vegetables (may be fresh or frozen) as well as meats. This will ensure foods are not processed and unhealthy things are added. Try to stay in control of what items are added to your foods. Keep in mind to only purchase the amount of food that is needed for your menu or that you will eat to avoid food waste. This will cost you less money.



Grocery stores have made progress to ensure customers get the best cost. Many are utilizing digital coupons that you preload to your shoppers card. This ensures more utilization but saves time at the register. Stores have also began offering online grocery ordering. This can help to avoid impulse purchases that occur when you go into the store. Though this service may come with a fee, you may notice enough savings from coupons and less impulse purchases that the charge is minimal.

Be sure to read food labels and expiration dates on food items to know exactly what you are purchasing. Though shopping discounted food items saves money, making sure they can be used before expiration is key. Avoid purchasing food items just because they are on sale or cheap if you won't eat them.

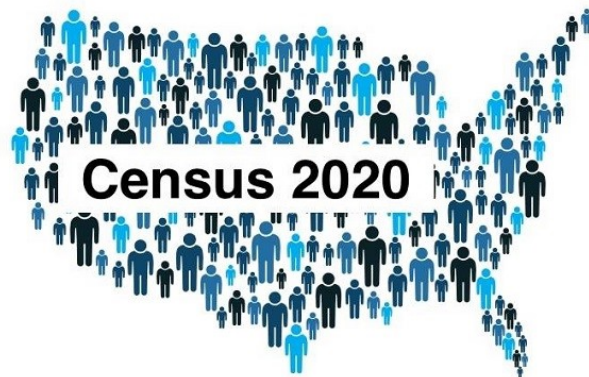
If you have trouble making your way around the store and reaching all your needed items, ask the customer service desk if there is an associate that would be available to accompany you through the store as well as putting items in vehicle for you. Some stores consider this as a complimentary service.

References:

https://www.bing.com/images/search?view=detailV2&ccid=RaOaA0VL&id=9A0F5A4F8FC5DFD412783632F839816C93D65C91&thid=OIP_RaOaA0VL2OU:5qQG5lg3iQHaha&mediaurl=https%3a%2f%2fsecurecdn.pymnts.com%2fwp_coten-t%2fuploads%2f2016%2f09%2fshoppingcartwalmart.jpg&exph=1000&expw=1000&q=shopping+cart&simid=608010623737528816&selectedIndex=8&ajaxhist=0

Duyff, R. L. (2017). *Academy of Nutrition and Dietetics complete food and nutrition guide*. Boston: Houghton Mifflin Harcourt.

<https://2020census.gov/en/how-to-help.html>



You should receive notification in the middle of this month regarding the United States Census 2020. The census is used to determine how many people are in the country. There will be 3 ways to respond: by phone, by mail, and online. You will only need to respond by one method. It is required by law to complete the Census. The data received from the Census helps with funding and planning throughout the community to ensure they are meeting the needs of those in the community, state, and country.

Kentucky Cabinet for Health and Family Services Department for Aging and Independent Living

275 East Main Street 3E-E
Frankfort Kentucky 40621
Phone: 502-564-6930

State ADRC: (877) 925-0037.

<https://chfs.ky.gov/agencies/dail/Pages/default>