



Staying Strong This Season

PREPARE FOR WINTER WEATHER



DON'T FORGET THE BASICS:

- Bottled water (1 gallon per person per day, for at least 3 days)
- A manual can opener
- Flashlight and batteries
- A list of easy meal ideas

HELPFUL TIP:

When you are grocery shopping, plan to pick up one or two pantry items each trip to build an emergency food stash.

Stock up on pantry staples and supplies before a storm

WHAT TO KEEP IN YOUR PANTRY:

- Canned soups and stews
- Canned vegetables and fruits
- Canned tuna, chicken, or salmon
- Peanut butter or nut butters
- Whole grain crackers or bread
- Oatmeal or instant hot cereal
- Shelf-stable milk or plant-based milk
- Pasta, rice, or instant mashed potatoes
- Dried beans or lentils

WHAT TO KEEP IN YOUR FREEZER:

- Frozen vegetables and fruits
- Frozen meals (example lasagna)
- Bread or rolls
- Protein sources like chicken, fish, or plant-based options

MEAL PROGRAM CLOSINGS:

Watch for school closings or virtual school days due to inclement weather

Staying Strong: Understanding Unintended Weight Loss

Losing weight without trying might sound like a good thing, but for older adults, it can actually be a serious health concern. If you notice your clothes are fitting looser, or your appetite isn't what it used to be, it's important to pay attention. Unintended weight loss can lead to more problems like feeling weak, getting sick more often, or having a higher chance of falls and injuries.

Even losing just 5% of your body weight in a month—about 7–10 pounds for many people—can make a big difference in your health. When the body loses weight too quickly, it often loses muscle, which is needed to stay strong and active.

Always talk to your doctor or dietitian if you notice weight loss. They can work with you to figure out what's going on and make a plan that fits your needs and lifestyle.

Your body deserves the care it needs to stay strong, energetic, and well-nourished.

For more information on this publication, contact Shannon Gabriel, RDN, CD at (608) 261-5678 or Gabriel.Shannon@danecounty.gov <https://www.dcdhs.com/Disability-and-Aging/Senior-Services/Senior-Nutrition-Program>

Some Common Reasons for Unintentional Weight Loss:

- Eating less because of a smaller appetite
- Feeling lonely or depressed
- Changes in taste or smell
- Medication side effects
- Being sick or recovering from an illness

What Can Help?

- **Eat more often**
 - Try including meals and snacks throughout the day.
- **Choose high-protein foods**
 - Foods like eggs, peanut butter, beans, chicken, and tofu help keep your muscles strong.
- **Make mealtime enjoyable**
 - Eat with others when you can, and enjoy your favorite foods.
- **Pack a snack**
 - Bring easy to grab foods when you plan to leave the home.

