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Quarterly Newsletter

Autumn

HEALTHY HARVEST FOODS

Healthy Harvest Foods

Just as we reach for a thick, woolly cardigan when autumn winds begin to blow and the dark evenings draw in around us, so too we look for warm, nourishing foods to see us through the dark, cold season.

We have been seeing signs of harvest all around us over the recent months. The hearty root vegetables, luscious fruits and vegetables that have ripened over the summer are bursting with health benefits, as well as flavour.

Shopping locally is a great way to get freshest in-season produce in your area. Many local supermarkets have a good stock of seasonal produce, and the labels will show you where your favourite foods were grown. Often, the local offerings may even be cheaper, especially at this time of year.

Here is a list of the top 10 delicious, belly-warming foods that offer loads of nutrition even as they tempt the taste buds.

1. Apples: As well as smelling and tasting wonderful, apples give a powerful dose of vitamin C and fibre to boost immunity and promote heart health.

2. Pears: Pears contain even more fibre than apples, along with vitamin C and potassium. They taste wonderful on salads, or you can use them in pastries.

3. Cranberries: Not just for Christmas, cranberries are a zingy way to add vitamins and fibre to your diet. Fresh cranberries are a healthier choice than dried, as there is usually sugar added to dried cranberries.

4. Winter squash: High in vitamin A, magnesium, potassium and fibre, winter squash is a family of vegetables that includes, butternut squash and acorn squash. These are delicious roasted as a hearty side dish.

5. Pumpkin: Visible at Halloween, pumpkins are much more than a template for cute carvings. They are also high in vitamin A, vitamin C and fibre. The pumpkin flesh can be baked, then pureed to make soups, stews, pies, breads… the possibilities are as numerous as the different

carvings you will see!

6. Leeks: Leeks are high in flavonoids, which offer protection against heart disease. Add them to soups, stews, casseroles and even lasagna to get a savoury health boost.

7. Brussels Sprouts: As a member of the cruciferous family, Brussels sprouts have cancer-fighting properties. They also deliver a good portion of fibre.

8. Sweet Potatoes: Containing fibre, vitamin A and vitamin C, sweet potatoes are a great option for a starchy vegetable this autumn. Like pumpkin, sweet potatoes can be prepared in sweet or savoury dishes.

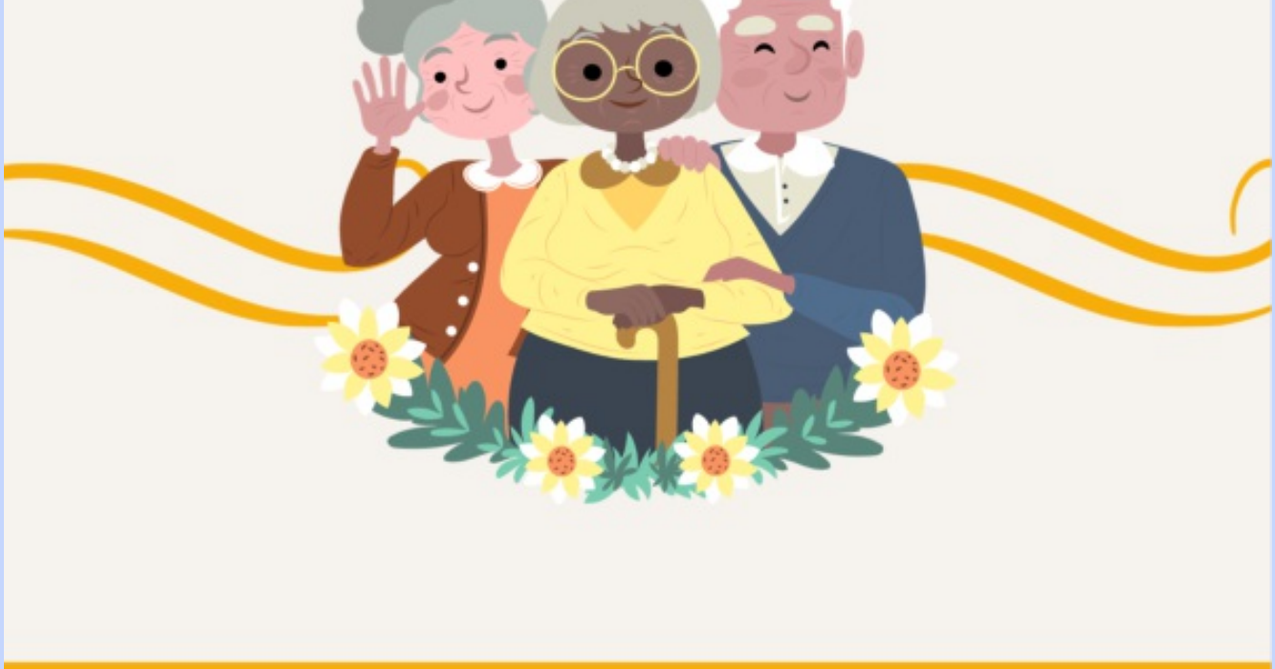
9. Parsnips: Parsnips are packed with fibre, vitamin C, folate and vitamin K, which helps your blood clot and keeps your bones healthy. Like carrots, parsnips can be enjoyed raw or cooked, with many variations to enjoy.

10. Broccoli: Another cancer-fighting vegetable, broccoli is high in fibre, vitamin C and vitamin K. It can be enjoyed raw, steamed, roasted, sauteed or even pureed into a nutrient-rich soup.

In addition to these healthy harvest favourites, herbs and spices such as rosemary, thyme, basil, dill, ginger, turmeric, and cinnamon are in season, and play well with the flavours of Autumn, while punching up the nutrition.

Don't forget to add the goodness of nuts and seeds- wonderful in porridge, baked goods or even sprinkled over a cosy bowl of soup.

10 Healthy Fall Foods and the Best Ways to Eat Them (everydayhealth.com)



Friends of the Elderly Event

Waterford Day Trip in Partnership with myhomecare.ie

On Thursday, 14th September, our members had the final day trip of 2023. The weather managed to stay dry for our visit to the Lafcadio Hearn Japanese Gardens Tramore which was great as the members loved the tour of the gardens.

We would like to thank the guys from MyHomeCare for gifting our members with a small hamper including an umbrella- which came in handy when we arrived in Waterford City!

The staff from MyHomeCare also were brilliant assisting our members throughout the day, so thank you again for all your help.

Wishing everyone a happy Tuesday.

www.friendsoftheelderly.ie

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COVID-19 FACTSHEET

COVID-19 Factsheet

Find out all the information you need regarding Coronavirus ▼

Coronavirus Factsheet

PREMIUM HOMECARE

Myhomecare Partnership Announcement

Myhomecare is a HSE recognised national supplier of high quality homecare services with a strong focus on delivering person-centred care to each individual in their own home. We are committed to delivering the right people with the right skills to support our clients to live independently and with dignity.

Myhomecare are proudly partnering with Isaac Care, to bring innovative and easy-to-use assistive technology to our clients nationwide. Isaac Care's technology allows us to provide wraparound 24/7 support to out clients and provides comfort and peace of mind when our dedicated homecare staff and family members can't be present.

Comfort Plan

The **Comfort Plan** allows you to choose two pieces of Isaac Care assistive technologies as an introductory offer with expert advice from our team who are there to assist you with selecting the most appropriate technology for your loved one.

Vist Our Website **Care Plans - Home Care & Home Nursing in Ireland from Myhomecare**

OR

Contact one of our Myhomecare Expert Advisors on **1800 400 900**

EMPLOYEE
Of The Quarter

Employee of the Quarter

The Employee of the Quarter Program recognizes the outstanding qualities and contributions of employees, we are delighted to announce the winners for Summer 2023.

All the little things you do every day make a huge difference. Thank you for your dedication and willingness to go the extra mile.

DNE: Ann West

DML: Raisa Pereira

SOUTH: Ellen Sinnott

Limerick: Derek Walsh

Galway: Michelle Scott

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T&Cs

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