



APRIL 2026

THE FEED

Erie County Department for the Aging
Nutrition & Wellness News



FEATURES

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Nutrition & Wellness Programs & Events!

Check out these events from March! Pancake Breakfasts at the West Seneca & Town of Newstead Senior Centers featuring Erie County Parks' maple syrup, a spectacular RSVP Tribute Day, National Nutrition month's spoon give-away, another successful Cooking with SASS workshop at the Lancaster Senior Center, and our very first Bingocize classes at the Grand Island Golden Age Center, the Alden Senior Center & the Town of Hamburg Senior Center! It's hard to keep up with the ECDFAs Nutrition & Wellness fun!!



Spring Clean Your Routine!



Spring is the perfect time to “clean-up” those less healthy habits that you’ve accumulated during the winter months! Here are a few pointers to “spring” into action!

- **Reorganize your pantry, refrigerator & freezer:**
 - Get rid of foods, snacks & beverages that are high in sugar, refined grain, sodium or unhealthy fat. Move healthy foods up front & center!
 - Stock your pantry with:
 - Healthy snacks like nuts, dried fruit, popcorn, healthy granola or protein bars
 - Whole grains: crackers, bread, pasta, cereal (oatmeal, bran), quinoa, brown or wild rice
 - Add natural nut butters, beans
 - Clean out old herbs & spices - replace with super-healthy (sodium-free) fresh ones
 - Shelf-life: Whole spices ~4 years; ground spices ~3 years; dried herbs ~1-2 years
 - Get rid of outdated or opened containers
 - Wipe out fridge with hot, soapy water & stock with:
 - Fresh fruit & vegetables - leafy greens, peppers, tomatoes, berries, apples, pears, citrus
 - Non-sweetened or Greek yogurt, low-fat cottage cheese, low-fat milk or alternative
 - Healthy fats like avocado or salmon
 - Stock freezer (after removing ice cream & frozen convenience foods!) with frozen fruit & vegetables, whole cuts of meat, frozen juice or yogurt bars
- Stay hydrated with water flavored with fresh slices of fruit, cucumber or herbs
- Other tips - Try one meatless day each week; Add lots of colorful fruits & vegetables wherever you can; Watch portion sizes; Add movement to your day; Grow a garden!

CLUB 99 HIKING CLUB

Eighteen Mile Creek
Wednesday, April 1st
at 9:30 a.m.

Hunters Creek
Wednesday, May 13th
at 9:30 a.m.

Visit
erie.gov/parks/events
for details &
registration

WALK WITH EASE

Boston Senior Center
Mon., Wed., & Fri.
12:45-1:45 p.m.
May 4th - June 12th

Town of Aurora Senior Center
Mon., Wed., & Fri.
1:00-2:00 p.m.
May 4th - June 12th

More Fun with ECDFFA!!

COOKING WITH SASS

Town of Evans Senior Center
Mondays
10:30-11:30 a.m.
April 13th - Healthy Substitutions
April 20th - Vegetarian Cooking
April 27th - Cooking Thai Cuisine

Autumnwood Senior Center
Tuesdays
11:00 a.m. -12:00 p.m.
May 12th - Cooking for One or Two
May 19th - Cooking with the Crockpot
May 27th - Vegetarian Cooking

FALLS PREVENTION SEMINARS

Boston Senior Center
April 15th
10:00 a.m.-12:00 p.m.
Call 716.941.5773 to register

William-Emslie YMCA
May 13th
1:00 - 3:00 p.m.
Call 716.845.5440 to register

UNIVERSITY EXPRESS BEGINS IN MAY!!

Catalogs available at Senior Centers, Libraries & Online around mid-April
Stay Tuned!!

www.erie.gov/universityexpress



RSVP OREINTATION

Buffalo History Museum
1 Museum Ct., Buffalo
Wednesday, April 22nd
2:00 - 3:30 p.m.
Call 716.858.7548 or visit
erie.gov/rsvp to register

COME FOR LUNCH!

DEPARTMENT FOR THE AGING
ERIE COUNTY

MEETING WILL BE HELD AFTER LUNCH

IMPACT COUNCIL

NUTRITION & WELLNESS

IMPACT COUNCIL MEETING

APRIL 29TH, 2026 | 12:00-2:00 PM

ORCHARD PARK SENIOR CENTER
4520 CALIFORNIA RD., ORCHARD PARK 14127

RSVP: 716.858.7639 | HEIDL.MONIN@ERIE.GOV

FIRST NUTRITION & WELLNESS IMPACT COUNCIL MEETING!

This meeting will be streamed to any center that would like to "tune-in"! If you are interested in listening in, please let your site director know to contact their Erie County site representative!

PASTA PRIMAVERA



Ingredients

- 10 oz. whole wheat penne pasta
- 2 Tbs. extra virgin olive oil
- 4 garlic cloves, sliced
- 1 yellow squash, sliced into thin half-moons
- 1 zucchini, sliced into thin half-moons
- 1 bunch asparagus, cut into 1-in. pcs
- 1 cup cherry tomatoes, halved
- 1 cup thinly sliced red onion
- 1 tsp. sea salt
- ½ cup frozen peas, thawed
- ¾ cup grated pecorino or parmesan cheese
- 3 Tbs. fresh lemon juice
- Red pepper flakes
- 1 cup fresh basil leaves
- ¼ cup fresh or 4 tsp. dried tarragon, optional
- Freshly ground black pepper

Directions

- Cook pasta until al dente. Drizzle with olive oil to prevent sticking.
- Heat oil in large skillet over medium heat. Add all fresh vegetables, salt & a couple grinds of pepper. Sauté 3-4 minutes until vegetables are tender.
- Add pasta, peas, cheese, lemon juice, pinch of red pepper flakes & toss to combine.
- Stir in basil & tarragon, if using.
- Season to taste & serve.

*Substitute any vegetables or herbs you like into this recipe to create a dish you love!

Suggestions: fresh cut green beans, carrots, spinach, leeks, peppers, broccoli, fresh parsley, white beans

April Special Meals

Easter Lunch Wednesday April 1st

Chicken Cordon Bleu with Herb Gravy
Rosemary Potatoes
Vegetable Medley
Chef Salad with Dressing
Dinner Roll
Coconut Cream Pie

Dyngus Day Lunch

Monday
April 6th

Cabbage Roll with Savory Meat Sauce
Garlic Mashed Potatoes
Mixed Vegetables
Dinner Roll
Chocolate Cream Pie

Springtime Sallies

If April showers bring May flowers, what do May flowers bring?
Pilgrims!

What did the tree say after the long winter?
What a re-leaf!

What do you call a rabbit with fleas?
Bugs Bunny

What kind of shoes do frogs wear in spring?
Open-toad

What did the dirt say to the rain?
If this keeps up, my name will be mud!



Spring Word Search

M T C B X T E K K H S O G F R E S H M C
 L R F U F U Y K M U U N L X I W S M L C
 V B P D Q L V W K Y N H T X L W U L I D
 C L B D S I U X G E S V M U V V J P D A
 S H F I E P K C C M H D G G O J M L O U
 R N M N E Z K M F U I Y U F S R V R F M
 I J E G D C F G W N N E D I K Z P E F I
 K X U S S Y G X N Z E H D S K F C S A D
 N C H X T D J Y G N I H C T A H B W D N
 O P N U R R X R C A I N Y O K I H Z K I
 U S O H Z O T Y B R K U E D E T K M Q J
 R P U D D L E T U R Y V P E Q D W O N N
 H T R I B E R G T T Y M W K R G Q S B F
 Z F U D P O D A T T B S O V R G F S A A
 I X B C C P Z R E U A S J O F T B O M D
 L I R P A S F D R B W L P K L Z U L C J
 Y D E V J I C E F Y U D G E G B S B E M
 I P I C N I C N L G N O S D R I B N M F
 S R E W O H S I Y O H D B X A C P D H L
 C Y L Y C L U I N T Y T P L R A I N L Y

Blossom
 Daffodil
 Garden
 Green
 Sunshine
 Birdsong
 Sprout

Bloom
 Rain
 Butterfly
 Seeds
 Picnic
 Budding
 Rebirth

Tulip
 Showers
 Puddle
 Fresh
 Hatching
 April
 Nest

Erie County Stay Fit Dining Program

716.858.7639



ERIE COUNTY
DEPARTMENT FOR THE
AGING

716.858.8526

www.erie.gov/aging



NY Connects
 Your Link to Long Term
 Services and Supports

of ERIE COUNTY

(800) 342-9871 (716) 858-8526