

Foster Grandparent Program

July 2024

Hello 
SUMMER

We hope you are enjoying your time with family and friends at summer cookouts and family get togethers.

As summer school is coming to an end, we are happy to announce the APS partnership has been renewed for the upcoming school year. We are sure everyone is excited to get back into service.

We wanted to reach out and let you know that there are still opportunities available to volunteer at various Multigenerational Centers for the remaining summertime as well as for the upcoming school year. If you are interested, please contact Joni.

We are wishing you a wonderful summer! Take some time to relax and recharge, and we look forward to seeing you next month. Enjoy the rest of your summer!

FGP Staff

Marie, Joni and Estelle



Notice:

Please do NOT start serving at your school until AFTER you have been notified by FGP Staff. Certain procedures must be met prior to entering the classroom.

Thank you

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VOLUNTEERS NEEDED

Foster Grandparents Needed.

We are trying to grow our program - if you have someone in mind please let us know! Or have them call Joni at 505.764.6421 for an application.



FGP Moved

We are now located at the back of Barelas Senior Center.



we're
CLOSED

FGP Staff hope you all have a very Happy 4th of July. Office will be closed in observation of Independence Day.



Reminder

Reminder: Advisory Council
17 July @ 1000-1200 at Barelas Senior Center, Silver Room. We are looking for 4 FGP volunteers to join the FGP/SCP council...if you are considering this, please join us at this brunch meeting.

Volunteer Badge Policy

Please wear your volunteer badge on the outer most layer of clothing above the waist any time you are in service or on city property. Call Joni with any questions...505-764-6421

Happy Birthday!

Loretta Hoyt

29 July





Spotlight

City of Albuquerque Solid Waste/ Keep Albuquerque Beautiful Classroom Education

Foster Grandparents Program will be partnering with the City of Albuquerque Solid Waste/Keep Albuquerque Beautiful in this school year. Within this program, you will be trained and provided with materials to do a presentation in classrooms around the Albuquerque area. If you think you would like to be involved - teach the next generation how to recycle, just let Joni know via a call at 505-764-6421 or email her at fgp@cabq.gov

FGP is very excited about this new partnership and thinks it will be a great addition to our program.

The Solid Waste Management Department is committed to helping maintain a healthy environment for Albuquerque's current and future generations.



Information



GET MORE FRUITS & VEGGIES

Stretch your food dollars with Double Up Food Bucks New Mexico! Get more fruits and vegetables when you spend your SNAP EBT Card dollars at participating farmers' markets, farm stands, mobile markets, and grocery stores. It's easy with Double Up Food Bucks!

SNAP-Ed New Mexico

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NEW MEXICO

To learn more about how the Double Up Food Bucks program works and to find a participating outlet near you visit:

<https://www.doubleupnm.org/>



SEED TO SUPPER ONLINE CLASS

Interested in learning how to vegetable garden but can't commit to a live class? Enroll in our self-paced course instead.

Visit <https://ican.nmsu.edu/seedtosupper.html> for more info or scan the QR code.

SNAP-Ed New Mexico

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Basil Information

1. Basil is an easy herb to grow in windowsill containers or in your home garden.
 2. The most common type of basil is sweet basil. Other popular varieties include Italian, lemon, purple, and Thai.
 3. Look for leaves that are smooth and whole, that have a strong aroma, and that are bright in color.
 4. When using, gently wash leaves under cold water and pat dry. Remove leaves from stems, then tear or cut the leaves to the desired size.
 5. Basil is a great way to add flavor to recipes without adding salt.
 6. Basil contains small amounts of vitamins A and K, folate, magnesium, phosphorus, and potassium. It is very low in calories but provides some dietary fiber.
 7. Adding basil to your water can create a fresh unique flavor. You can also combine fruits or vegetables with basil for more flavor. Basil goes well with lemon, blueberries, watermelon, strawberries, cucumber, and many other fruits and vegetables.
- To infuse water with basil and other flavors, fill a large jar or pitcher with water, add torn basil leaves, and cut up fruit or vegetable of your choice. Place the jar or pitcher in the refrigerator for 2 or more hours to allow it to infuse. For a stronger flavor, leave overnight. When the water is infused to your desired intensity, pour the water over ice and enjoy!





This Month Basil

New Mexico Pesto

- 2 cups basil, stems removed
 - ½ cup roasted green chile
- 2 tablespoons pistachios or pinion nuts, chopped
 - 2 garlic cloves
 - ½ cup olive oil
- ¾ cup grated parmesan cheese
 - ¼ teaspoon salt



Instructions

1. Wash and remove stems of basil.
2. Place basil, green chile, nuts, garlic, salt and parmesan cheese into a food processor or blender. Blend everything together slowly adding oil into the mix.
3. Once completely blended place into an air tight container or jar. Store in the refrigerator for up to 5 days.

Serve with pasta or as a topping for other meals.

Nutrition Facts	
2 servings per container	
Serving size	3/4 cup (196g)
Amount per serving	
Calories	670
<small>% Daily Value*</small>	
Total Fat 66g	85%
Saturated Fat 13g	63%
TransFat 0g	
Cholesterol 25mg	9%
Sodium 990mg	43%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	9%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0.2mcg	0%
Calcium 350mg	25%
Iron 2.2mg	10%
Potassium 270mg	6%
<small>* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

🌸 May & June Site Visits 🌸



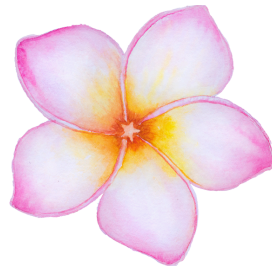
Team
AWESOME



THANK YOU
so much!



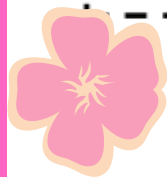
Stay Calm and Color On





FOURTH OF JULY

Word Search



ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION

























FAMILY
FIREWORKS
FLAG
FREEDOM
FRIENDS
GAMES

HOLIDAY
HOT DOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY

PARADE
PARTY
PATRIOTIC
PICNIC
STATES
SUMMER



As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1 <ul style="list-style-type: none"> ◆ Lemon pepper chicken w/ brown rice ◆ Diced beets ◆ Roasted Brussel sprouts ◆ Chocolate pudding ◆ 1% milk  	2 <ul style="list-style-type: none"> ◆ Meatballs w/ marinara and cheese ◆ Whole grain hoagie roll ◆ Diced potatoes ◆ Broccoli ◆ Banana  ◆ 1% milk 	3 <ul style="list-style-type: none"> ◆ Garlic tilapia ◆ Red, white, & blue posole ◆ Calabacitas ◆ Yogurt ◆ 1% milk  	4 	5 <ul style="list-style-type: none"> ◆ Egg salad on whole grain bread ◆ Lettuce ◆ Carrot sticks ◆ Cantaloupe ◆ 1% milk 
8 <ul style="list-style-type: none"> ◆ Pork chop w/brown rice ◆ Rosemary potatoes w/ margarine ◆ Corn ◆ Pears ◆ 1% milk  	9 <ul style="list-style-type: none"> ◆ Green chile stew ◆ Pinto beans ◆ Flour tortilla ◆ Baked apples ◆ 1% milk  	10 <ul style="list-style-type: none"> ◆ Breaded cod w/tartar sauce ◆ Buttered noodles ◆ Green beans ◆ Oranges ◆ 1% milk  	11 <ul style="list-style-type: none"> ◆ Pasta primavera ◆ Sautéed spinach w/ onions ◆ Breadstick ◆ Yogurt ◆ 1% milk  	12 <ul style="list-style-type: none"> ◆ Chicken parmesan ◆ Zucchini w/butter ◆ Steamed carrots ◆ Jell-O ◆ 1% milk 
15 <ul style="list-style-type: none"> ◆ Carne adovada ◆ Spinach ◆ Pinto beans ◆ Flour tortilla ◆ Grapes ◆ 1% milk  	16 <ul style="list-style-type: none"> ◆ Sweet & Sour chicken w/stir fry vegetables ◆ Broccoli ◆ Brown rice ◆ Fortune cookie  ◆ 1% milk 	17 <ul style="list-style-type: none"> ◆ Salisbury steak w/ mushroom gravy ◆ Mashed potatoes ◆ Whole grain dinner roll w/margarine ◆ Peach cobbler  ◆ 1% milk 	18 <ul style="list-style-type: none"> ◆ Cheese omelet w/ fajita blend ◆ Stewed tomatoes ◆ Roasted potatoes ◆ Mandarin oranges ◆ 1% milk  	19 <ul style="list-style-type: none"> ◆ BBQ pulled pork ◆ Roasted sweet potato ◆ Green beans ◆ Whole grain dinner roll w/margarine ◆ Apples ◆ 1% milk 
22 <ul style="list-style-type: none"> ◆ Spaghetti w/meat sauce ◆ Imperial blend vegetables ◆ Broccoli ◆ Pears ◆ 1% milk  	23 <ul style="list-style-type: none"> ◆ Baked salmon w/ lemon and garlic ◆ Ancient grain rice ◆ Green beans w/ mushrooms ◆ Grapes ◆ 1% milk  	24 <ul style="list-style-type: none"> ◆ Red chile tamales ◆ Calabacitas ◆ Pinto beans ◆ Banana ◆ 1% milk  	25 <ul style="list-style-type: none"> ◆ Mac & cheese w/ green chile ◆ Broccoli ◆ Beets ◆ Yogurt ◆ 1% milk  	26 <ul style="list-style-type: none"> ◆ Chicken salad sandwich on whole grain bread ◆ Sliced cucumber & carrot sticks ◆ Cole slaw ◆ Honeydew  ◆ 1% milk
29 <ul style="list-style-type: none"> ◆ Philly cheesesteak ◆ Steamed carrots ◆ Whole grain hoagie ◆ Warm cinnamon apples ◆ 1% milk  	30 <ul style="list-style-type: none"> ◆ Green chile chicken enchilada ◆ Pinto beans ◆ Calabacitas ◆ Mandarin Oranges ◆ 1% milk  	31 <ul style="list-style-type: none"> ◆ Meatloaf w/tomato gravy ◆ Garlic roasted potatoes ◆ Succotash ◆ Whole grain dinner roll ◆ Fresh seasonal fruit ◆ 1% milk  	1 <ul style="list-style-type: none"> ◆ Spaghetti w/ marinara sauce ◆ Broccoli w/red peppers ◆ Roasted vegetables ◆ Garlic breadstick ◆ Yogurt ◆ 1% milk  	2 <ul style="list-style-type: none"> ◆ Salmon w/pineapple over brown rice pilaf ◆ Brussel sprouts ◆ Diced beets ◆ Honeydew melon ◆ 1% milk 