



Ontario

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Home
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COMMON SENSE NUTRITION

An information manual designed to help increase the awareness in better nutritional habits for the mature citizen is the objective of the Food Specialists in the Home Economics Branch.

What is nutrition and what will it do for you?

As a mature citizen, eating habits will vary because of the changing life styles. The caloric intake once needed, will not be as great, especially if exercise is curtailed.

For those living alone, or facing retirement, it would be wise to look carefully at the 3R's. Requirement. Routine. Resource.

Requirement

Uppermost in the mind of the individual should be a diet which includes all the necessary minerals, vitamins and protein. By eating a wide variety of foods, nutritional requirements will be met and the boredom of a monotonous diet will be avoided. Do not become a "tea and toaster", apart from the lack of nutritional value the extra pounds which may result are a threat to good health. Remember, people eat food but the body uses nutrients.

Routine

Organize your shopping list to suit the supermarket layout, so you can pick up your frozen products last. Buying and cooking in small quantities often creates a problem. Storage space will determine the quantity of food you buy and freezing facilities may limit the amount cooked at one time.

Meal preparation will depend on the utensils, whether one sits at a table for a meal, or prepares a plate at the counter to be eaten while watching TV. It is important that the time spent eating a meal should provide a pleasant period of relaxation.

Resource

Regardless of the amount of money available, it is essential to follow Canada's Food Guide. One fifth of the total budget should go toward food; divide that amount into fifths for milk and milk products; meat, fish or alternates; bread and cereal; fruits and vegetables; and miscellaneous items.

It just might be, one has to change eating habits because it cannot be stressed too strongly that the mature person should aim to eat "for health rather than for energy".

Common Sense Nutrition
(for the Mature Citizen)



SUMMERTIME STAINS

"Summertime, and the livin' is easy," or so the old song goes, until your clothes are marked with those dreaded summertime stains—grass (the green variety!), fruit and berry, and ice cream.

Clothing specialists at the Home Economics Branch of the Ontario Ministry of Agriculture and Food recommend that you treat stains as soon as possible, preferably while they are still wet.

In the case of grass stains on washable fabrics, pre-treat them with liquid detergent, then soak in an activated enzyme product, following package directions. If the stain still remains, bleach using an oxygen-type bleach, and launder. For dry cleanable fabrics, sponge the stain with rubbing alcohol, testing it first on a seam or inconspicuous part of the garment to make sure it is safe for the fabric.

Because fruit such as cherry, plum, peach and pear contain tannin, you must be careful not to heat-set the stain. Therefore, do NOT use hot water. Avoid soap also, as this will set the stain too. The best procedure to

follow is to sponge the stain immediately with cold water. Next, soak it in an activated enzyme product, then launder normally. If any stain still remains, bleach and rinse well. For dry cleanable fabrics, sponge carefully with cold water.

If a dripping ice-cream cone has marked your clothes, the stain can be pretreated, soaked, and laundered in much the same way as the grass stain. Because ice-cream is also greasy, it may require sponging with a grease solvent as well, then relaundered. If the ice-cream is a flavour that leaves a colored stain e.g. chocolate, it will also need to be bleached.

For dry cleanable fabrics, sponge with a liquid grease solvent, or, rub or spray on an absorbent powder.

More information about stain removal is contained in booklet 244 "How to Remove Stains" which is available free at your local county office of the Ontario Ministry of Agriculture and Food, or from its Information Branch, Legislative Buildings, Toronto M7A 1B5.