

Cooking From a Food Bank: Heart Health Edition

Simple and heart healthy recipes made from ingredients commonly found in a food bank.





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BREAKFAST

03





Easy Overnight Oats



1 serving



10 minutes

Ingredients

- 1/3 cup old fashioned oats
- 1/3 cup liquid (water, milk, soy etc.)
- 1/3 cup applesauce or yogurt
- 1/2 cup frozen or fresh berries
- 1/2 tsp cinnamon
- Optional: dried coconut, or nuts

Directions

1. Whisk together all ingredients (except berries, coconut & nuts).
2. Spoon into a jar or container with a tight fitting lid.
3. Refrigerate for at least 4 hours or overnight before eating.
4. Top with strawberries, dried coconut or nuts for a boost in flavor. Enjoy!
5. This meal can easily be made in bulk, try prepping a few jars for the week. Overnight oats can last in the refrigerator for up to five days.

Recipe Tip



Swap the berries for any fruit you have on hand! Try draining a can of peaches, sprinkling some dried fruit on top or slicing up a banana. The combinations are endless!

Banana Oat Pancakes

 1 serving  15 minutes

Money Saving Tip



Purchasing frozen fruits and vegetables can be a great, low cost way to add essential vitamins and nutrients to your meals without the risk of wasting fresh produce!

Directions

1. Mash the banana with a fork.
2. Whisk in eggs, oats, salt and cinnamon until smooth.
3. If using, stir the peanut, nut, soy, or seed butter into the batter.
4. Heat butter or oil in a non-stick pan over medium-low heat.
5. Cook for about 2 minutes, flip and cook the other side for about 30 seconds.
6. Eat plain or top with maple syrup, fresh, canned or frozen fruit.

Ingredients

- 1 ripe banana
- 2 eggs
- 1/4 cup oats
- 1 pinch of salt
- 1 pinch of cinnamon
- 1 tbsp oil or butter
- 1 spoonful of peanut, nut, soy, or seed butter (optional)



Make Ahead Breakfast Wraps



8 servings



30 minutes

Ingredients

1 6oz canned beans

8 large flour tortillas

1 yellow onion diced

1 cup shredded cheese

1 red bell pepper diced

Salt and pepper to taste

8 large eggs whisked

Directions

1. Cook onion and bell peppers over medium heat, cook until slightly soft then add beans until warmed through.
2. When veggies and beans are cooked, remove from pan and add eggs, cooking until scrambled to your liking.
3. Stir veggies and eggs together in a large bowl.
4. Divide the mixture among tortillas, adding about 2 tablespoons of cheese to each.
5. Roll the tortillas and serve warm!
6. To make ahead, allow wraps to fully cool then place in a freezer bag, and microwave until warm when ready to eat.
7. Keep it exciting by switching up your fillings!

Tips for Healthy Living

Getting active is an important part of heart-healthy living! Regular physical activity can boost your energy and mood while helping you to maintain a healthy weight, prevent injury, and improve heart health. Adults need 150 minutes of moderate to vigorous physical activity each week and kids need at least 60 minutes per day of moderate to vigorous physical activity.





Egg Bites



1 serving



20 minutes

Ingredients

2 Eggs

2 tbsp Milk or milk substitute

Filling:

- Diced vegetables
- Frozen greens
- Leftover meat
- Canned beans
- Grated cheese
- Hot sauce

Directions

1. Whisk eggs and milk together
2. Lightly grease a muffin pan and place it on top of a cookie sheet holding a thin layer of water
3. Fill each muffin cup 3/4 of the way and add desired toppings. There is no wrong answer, get creative and try something new!
4. This is a great make-ahead meal, you can prep a full pan and keep it in the fridge for up to 3 days, or freeze it for later. Simply warm up in the microwave when you are ready to eat.

Heart-Healthy Tips



Processed foods like fast food, prepackaged meals, and snacks tend to contain high amounts of added sugar, salt, and unhealthy fats which put you at risk for heart disease. Try preparing food at home more often.

Microwave Shakshuka

 1 servings  10 minutes

Tips for Healthy Living



Worried about salt? Try using lemon or lime juice on things like chicken, fish, roasted veggies etc. A small squeeze can add a punch of flavor, replacing the need for extra salt!

Directions

1. Using cooking spray, butter, or oil, coat a small microwave-safe bowl.
2. Add marinara sauce or tomatoes, chickpeas, red pepper flakes, and salt. Stir to combine.
3. Make a well in the center of the sauce and crack the egg inside.
4. Pierce the center of the egg yolk with a sharp knife.
5. Cover the bowl with a damp paper towel, and microwave at 80% power for 10-20 seconds at a time until the egg white is cooked in 3-4 bursts.
6. Serve warm and enjoy!

Ingredients

- 1/4 cup marinara or canned chopped tomatoes
- 1/4 cup chickpeas drained and rinsed
- Pinch of red pepper flakes
- 1 large egg
- Salt to taste



LUNCH





Southwestern Sweet Potato Soup

 6 servings  40 minutes

Ingredients

- 1 tbsp. olive oil
- 1/2 cup chopped onion
- 2 cups diced & peeled sweet potato
- 1 cup diced and peeled baking potato
- 4 cups chicken or vegetable broth
- 1 cup frozen or fresh corn
- 1 cup chopped bell pepper
- 1 jalapeno pepper (optional)
- 1 can black beans

Directions

1. In a large saucepan, heat oil over medium heat. Add onion and cook for 3-4 minutes until softened.
2. Add sweet and baking potatoes, cook for 2-3 minutes.
3. With a blender, food processor or immersion blender, puree the potato mixture.
4. Return potato mixture to the pot, add corn, black beans, red pepper and jalapeno pepper.
5. Cook for 3-4 minutes.
6. Season with salt and pepper to taste.
7. Serve with fresh cilantro!

Recipe Tips

Soup is a great meal to make in bulk and freeze for later. Purchasing and preparing items in bulk can help you save money and ensure you always have fresh, healthy food ready to go.



Whole Chicken Three Ways

 Serves 10  60 minutes

Ingredients

Pasta Salad

1/3 cooked chicken
450g rotini pasta
Mixed vegetables
1 cup Greek dressing

Lettuce Cups

1/3 cooked chicken
6 bibb butter lettuce leaves
1/2 cup shredded carrots
3 tbsp sweet & sour sauce

Chicken Salad

1/3 cooked chicken
1 bag raw coleslaw
1/3 cup sesame dressing
1 cup mandarin oranges

Directions

1. Season chicken with salt and pepper, roast in the oven at 350F for 20-25 minutes per pound. Allow to cool, then remove skin and shred.
2. Pasta salad: Cook pasta according to package directions then allow to cool. Dice and add your favorite veggies like cucumber, tomato, spinach, red onion or bell pepper. Mix with dressing and enjoy!
3. Lettuce Cups: Toss cooked chicken in sweet and sour sauce, add to lettuce cups, top with shredded carrot. Feeling fancy? Add chopped cilantro and toasted sesame seed!
4. Chicken Salad: Peel and cut mandarins or drain if using canned. Toss all ingredients together and mix. Top with sliced almonds and fresh cilantro.

Living Well With Heart Disease

Managing a chronic condition like heart disease can be stressful, and stress can increase your risk for complications creating a vicious cycle. Be sure to make time for activities of self-care like eating right, getting active, sleeping enough, engaging in hobbies, and socializing with friends, family, and strangers. Still, struggling with stress? Your care team is here to help!





Grilled Vegetable Wraps

 2 servings  15 minutes

Ingredients

- 1/2 cup hummus
- 4 small 6" tortillas
- 1 medium zucchini sliced
- 1 medium yellow squash sliced
- 1 bell pepper cut into 4 slices
- 1 tbsp olive oil
- 1 tsp dried basil

Directions

1. Preheat grill or oven to 450F.
2. In a large bowl whisk together olive oil, basil, salt and pepper.
3. Add sliced zucchini, squash and bell pepper to marinade, let sit for 5 minutes.
4. Grill the vegetables for 2-3 minutes per side or roast in the oven for 10-15 minutes until desired doneness.
5. Lay out the tortilla and spread about 2 tbsp of hummus, top with 2 slices of zucchini, 2 slices of squash and 1 slice of bell pepper.
6. Roll it up and serve immediately or wrap tightly and refrigerate for later.

Recipe Tips



Don't have access to fresh veggies? Try frozen or canned produce! No hummus? Check out the snack section for a quick and easy homemade hummus recipe using only a few pantry ingredients!

Chickpea Salad

 4 servings  20 minutes

Directions

1. In a food processor combine all ingredients, pulse until combined. Or add to a large bowl and mash with a fork.
2. Season with salt and pepper to taste.
3. Add diced red onion, fresh cilantro, diced carrots and celery if desired.
4. Serve over warm toast, on a wrap, or with whole grain crackers and enjoy!

Tips for Healthy Living



Stay hydrated! Staying hydrated helps ensure your body is functioning optimally, aim to drink enough water to adequately quench your thirst throughout the day.

Ingredients

- 1 can of chickpeas drained and rinsed
- 2 tablespoons mayonnaise or plain Greek yogurt
- 1 garlic clove
- 1 teaspoon dijon or yellow mustard
- 2 tbsp lemon juice
- Salt and Pepper to taste



14 — DINNER





Black Bean Burgers

 4 servings  30 minutes

Ingredients

- 1 can black beans
- 1 large yellow onion chopped
- 2 cloves of garlic minced
- 1 egg
- 1/2 cup breadcrumbs or mashed cracker
- Salt and pepper
- 1 tsp cumin
- 1 tsp chili powder

Directions

1. Drain and rinse the black beans, then mash in a large bowl until almost smooth.
2. Add remaining ingredients and stir to combine.
3. Form the mixture into 4 patties. If the mixture is too wet, try mashing the beans a little more or let it sit in the fridge for 15 minutes before forming the patties
4. Warm a pan over medium heat, add a small amount of oil and cook the burger on either side for about 5 minutes or until lightly browned

Recipe Tips

These burgers can easily be made in a big batch and frozen for later. When you are ready to eat simply toss in the pan frozen and cook until defrosted and lightly browned on either side. Want to skip the bun? Try a lettuce wrap or tortilla!



Quick & Easy Bean Tacos



Serves 4



30 minutes

Directions

1. Over medium heat, add oil and cook onion, garlic, and peppers until soft
2. Add seasonings and cook another minute, stirring regularly
3. Add the remaining ingredients and warm through.
4. Evenly divide between the 4 tortillas
5. Looking for more veggies? Add a can of mixed vegetables, and top with some lettuce, avocado, or cilantro!
6. Don't have refried beans? Mash a can of drained & rinsed pinto beans into your onions, garlic, and peppers before adding the remaining ingredients!

Heart-Healthy Choices



Vegetarian proteins like beans, lentils, tofu, nuts, and seeds contain heart-healthy fats and fibre. Looking for animal protein? Choose foods lower in saturated fats and cholesterol like lean poultry, fish, and seafood.

Ingredients

- 1 can refried beans
- 1 can black beans (drained & rinsed)
- 1 can diced tomatoes
- 4 tortillas
- 1 medium onion
- 2 cloves of garlic
- 1 tsp chili powder
- 1 tsp cumin
- Diced peppers or jalapenos (optional)
- 1 tsp oil



Vegetarian Cabbage Rolls

 6 servings  60 minutes

Directions

1. Trim cabbage and remove core. Cover cabbage in a large pot with boiling water for 8-10 minutes or until outer leaves can easily be removed.
2. In a large skillet heat oil, add garlic and onion cooking until fragrant, then add carrot and celery, cooking until softened. Add lentils, cooked rice, salt and pepper to taste.
3. Scoop filling into cabbage leaves and roll up, folding in at the sides.
4. Place into a baking dish and cover with tomato sauce.
5. Bake in the oven at 350F for about 1 hour or cover and freeze for later.

Tips for Healthy Living



Choose plant-based proteins more often! Foods like beans, lentils, chickpeas, and tofu are inexpensive, low-fat, and high-fiber protein options that can complete any meal! Worried about salt? Thoroughly rinse canned products before use.

Ingredients

- 1 head of cabbage
- 1 tbsp oil
- 1 yellow onion diced
- 2 cloves of garlic
- 1 cup diced carrot
- 1 cup diced celery
- 1 can lentils
- 2 1/2 cups cooked rice
- 1 can tomato sauce



Canned Meat 3 Ways

 2 servings  15 minutes

Ingredients

Tuna Casserole

1 can cream soup
1 can tuna
1 bag pasta
1 can vegetables

Chicken Noodle Soup

1 can chicken
1 can mixed vegetables
1 box chicken broth
1/2 bag pasta

Corned Beef Hash

1 can corned beef
5 medium potatoes
1/2 onion chopped
1 can vegetables

Directions

1. Tuna Casserole: Cook pasta according to package directions. In another pot combine soup, drained vegetables and drained tuna. Mix together and allow to simmer while pasta is cooking, adding water if it becomes too thick. When cooked, add pasta to soup, stir and serve.
2. Chicken Noodle Soup: Bring chicken broth to a boil with 1 cup of water, add pasta, and cook until almost finished. Add chicken and vegetables, simmer until pasta is finished. Add your favorite seasonings for extra flavour!
3. Corned Beef Hash: Dice fresh or 2 cans of potatoes, add to a skillet with 1 tbsp of oil and cook until almost soft, add onions and cook until potatoes and onions are soft. Break up corned beef, drain vegetables and add to the pan. Cook until warm adding salt and pepper to taste.



Heart Health Check

Tobacco and alcohol consumption are two big risk factors for developing heart disease. Quitting smoking and reducing or eliminating your alcohol consumption can decrease your risk of developing heart disease and reduce your risk of complications. Talk to your Doctor or Nurse Practitioner about community resources to help you quit or reduce tobacco use.



Salmon Patties

 2 servings  20 minutes

Ingredients

- 1 can of salmon drained
- 1/4 cup onion diced
- 1/4 cup breadcrumbs or crushed crackers
- 1 egg or 1 tbsp mayo
- Salt and pepper to taste

Directions

1. Sautee onions over medium heat until soft but not browned.
2. Add salmon to onions and remaining ingredients.
3. Stir together and form into patties
4. On a lightly greased pan over medium heat, lightly brown patties on both sides (about 4-5 minutes per).
5. Serve warm on a bun or on its own with some fresh lemon juice and tartar sauce.

Recipe Tips



When using canned meat or fish, try choosing low-sodium options when available, or rinsing before adding to your recipe to reduce the amount of sodium. Reducing sodium can help lower blood pressure and reduce your risk for heart complications.

Pantry Chili

 4 servings  45 minutes

Directions

1. Cook onions and garlic with a small amount of oil over medium heat until fragrant.
2. Add remaining ingredients, stir and let simmer for about 30 minutes stirring regularly.
3. Serve hot and enjoy!
4. This recipe can easily be made in large batches and stored in the fridge or freezer for later.
5. Have some jalapenos, bell pepper or ground beef? Cook and toss it in!

Tips for Healthy Living



Canned, frozen, or fresh vegetables provide essential nutrients to live well. It is important to include a variety every day, whether you get them from the foodbank or purchase from the store you can swap canned, frozen, or fresh in any recipe!

Ingredients

- 1 onion diced
- 2 cloves of garlic minced
- 2 cans drained and rinsed kidney, black or pinto beans
- 1 can of crushed tomatoes
- 1 large can of diced tomatoes
- 2 tbsp tomato paste
- 1 can of corn rinsed and drained
- 1 package of chili seasoning



SNACKS



Blended Baked Oat Muffins



Serves 1



25 minutes

Directions

1. Combine all ingredients (except toppings) in a blender and blend until smooth.
2. Transfer the mixture to a ramekin, small baking dish, or muffin tin.
3. Add your desired toppings to the mixture.
4. Bake for 20 minutes or until puffed up and smooth.
5. Let cool, and enjoy!
6. Get creative with the fillings, these muffins are incredibly versatile and can help you use up fruits and vegetables before they go bad.

Heart Healthy Tips



Chronic disease like diabetes can increase your risk for developing heart disease. Managing diabetes well is an important part of improving your heart health and preventing complications.

Ingredients

- 1/2 cup rolled oats
- 1 ripe banana
- 1 egg
- 1/2 tsp. salt
- 1/2 tsp baking powder
- 1 pinch salt
- Toppings:
 - Fresh or frozen fruit
 - Shredded carrot or zucchini
 - Dark chocolate chips
 - Peanut butter & jam
 - Nuts and seeds





Hummus



2 servings



15 minutes

Ingredients

- 1 can chickpeas
- 1/4 cup lemon juice
- 1 clove of garlic minced
- 2 tbsp olive oil
- 2-3 tbsp water
- Crackers, bread, or veggies for serving

Directions

1. Add all ingredients, except for water to a food processor, or blender.
2. Blend until smooth.
3. Slowly add water until you reach the desired consistency.
4. Season with salt and serve!
5. Hummus is incredibly versatile, serve plain or add roasted red peppers or eggplant, paprika or cumin, fresh dill. Making hummus is a great opportunity to get creative!
6. Serve with cut vegetables, spread on bread or scoop with crackers.

Money Saving Tips



Not familiar with an item from the food bank? Try searching for recipes online before handing it back. You may be surprised by what you find, it may even become your new favorite recipe!

Black Bean & Corn Salsa

 6 servings  15 minutes

Ingredients

1 can black beans rinsed and drained	1 bell pepper diced
1 can corn rinsed and drained	1 avocado diced (optional)
1 can diced tomatoes	1 juice of one lime
1 small red onion diced	1 tbsp olive oil
	Salt and pepper to taste

Directions

1. Combine all ingredients in a bowl, stir well.
2. Add salt and pepper to taste, serve immediately or keep refrigerated for up to 3 days, stirring well before serving.
3. Serve with nachos, crackers, in a bowl or on a tortilla.
4. Feeling fresh? Add one minced garlic clove, or chopped cilantro!

Tips for Healthy Living-Mindful Eating

Mindful eating can help you cultivate a sense of awareness around your eating habits, helping you to make positive changes and healthier choices. To get started consider:

Your environment: This may be different for every meal, but in any environment, make sure the healthy choice is always the easy choice.

Your Senses: Pay special attention to the aromas, textures, flavors and tastes.

Your Eating Habits: How did you eat? Why did you eat? What did you eat?

When did you eat? Where did you eat? How much did you eat?





Oatmeal and Pumpkin Bites



36 bites



10 minutes

Ingredients

- 3 cups rolled oats
- 1 cup pumpkin puree
- 1 cup peanut butter or alternative
- 1/2 cup maple syrup
- 1 tsp cinnamon
- 1/2 tbsp vanilla

Directions


1. Combine all ingredients and mix well.
2. If the mixture is too dry, add more nut butter, if it is too wet, add more oats.
3. Using a tablespoon, scoop mixture into your hand and shape into 1 inch balls.
4. Place on a baking sheet, cover and freeze for one hour before eating!
5. Serve on their own, or pair with some fresh fruit for a hearty breakfast!
6. Refrigerate for up to 7 days or freeze for up to 3 months!


Recipe Tips



Try adding some frozen berries, dried fruit, chocolate chips, chopped nuts or shaved coconut to change it up! Not a fan of pumpkin? Swap it out for 1 cup of mashed ripe banana.

Crispy Chickpeas

 2 cups

 1 hour

Recipe Tips



Swap thyme for any of your favorite seasonings or blends. Serve on their own or toss with a salad, in a wrap or in a stir-fry for some added protein and crunch!

Directions

1. Preheat the oven to 350 F.
2. Spread chickpeas on one end of a clean towel, fold the other side over and roll the chickpeas between the two ends to dry, removing skins as they fall off. The drier they are the better they will crisp while baking.
3. Toss chickpeas in oil and spread evenly on a baking sheet.
4. Bake for 25 minutes, remove, add seasonings and stir well.
5. Return to the oven and bake for 15-20 minutes or until golden brown and crispy.

Ingredients

- 1 can chickpeas rinsed and drained
- 1 tbsp vegetable oil
- 1/2 tsp dried thyme
- 1/2 tsp ground pepper
- 1/2 tsp salt



27 — PANTRY STAPLES & MONEY SAVING TIPS



Pantry Staples

Food banks may not be able to provide everything you need. Here is a quick list of pantry staples that can help you turn any food bank donation into a beautiful meal!

Fresh Foods

- Garlic
- Onions
- Lemon/lime fresh or juice
- In-season fruit
- In-season vegetables

Freezer

- Frozen fruit
- Frozen vegetables
- Bread, tortillas, buns
- Frozen meats & fish
- Nuts & seeds

Pantry

- Salt & black pepper
- Favorite spice blends
- Neutral oil like olive
- Honey or maple syrup
- Broth

Fridge

- Milk or milk substitute
- Eggs
- Butter
- Cheese
- Plain yogurt or substitute

Money Saving Tips

Check out these simple ways to make grocery shopping more affordable.

Shop The Sales

Check out the flyers for your local grocery store before heading out and plan some meals around what is on sale that week. Be sure to keep an eye out for your staple products and stock up on a few during a good sale.

Shop the Seasons

In-season produce generally costs less, try meal planning around what foods are in season. If you need something not in-season, try purchasing canned or frozen.

Using Your Freezer

Using your freezer is a great way to save perishables and cook in bulk. Things like fruits, vegetables, nuts, seeds, breads and leftovers can all be stored in the freezer for later, reducing waste and saving money.

Add Flavor for Less

Adding flavor doesn't have to get expensive! Purchasing things like fresh garlic, lemons, limes or herbs like cilantro or parsley can be great ways to add big flavor to any meal for less.

Make it at Home

Items like hummus, guacamole, salads, pasta sauce etc. can all be quite expensive to purchase, but can easily be made at home. Try cooking in bulk to save time!

Plan Ahead

Planning your menu before shopping ensures you only buy what you need. You can also plan meals to use up bulk purchases, eliminating waste. For example, Check out "Chicken Three Ways"!

Managing Heart Disease on a Budget

Managing heart disease can be financially challenging, check out these simple tips to help keep you on budget.

Focus on Produce

Food banks can help by providing dry goods, freeing up room in your grocery budget for fresh or frozen produce. Try checking the flyers, and discount racks at the grocery store or apps like Flashfood for a good deal.

Medication and Supplies

If you are struggling to afford the cost of medication ask your care team about what resources are available to you. Social services like Trillium, Ontario Works, Ontario Disability Support, and Assistive Devices Program can also help.

Get Active for Less

Youtube, community classes, or Cogeco Channel 11, are all free, ways to get active. Regular exercise can help you improve heart health while also helping to improve your overall well-being.

Get Creative!

Look to vegetarian proteins to save some money and boost fibre intake. You can check out cookbooks for free at your local library, try something new like a vegetarian book, or look to new cultures and cuisines for ideas.

Shop Around

Generally, food banks will limit how often you can come, but you can always access multiple food banks in the same month. Some donations might not provide enough or the right food, but visiting a few food banks during the month can help.

Talk to a professional

Staying heart healthy on a budget can be tough at times, but your care team is here to help! Talk to the professionals who support you, they can help you connect with the services and support you need.



Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty
of vegetables
and fruits

Eat protein
foods

Make water
your drink
of choice



Choose
whole grain
foods

Discover your food guide at
Canada.ca/FoodGuide

Eat well. Live well.

Healthy eating is more than the foods you eat



Be mindful of your eating habits



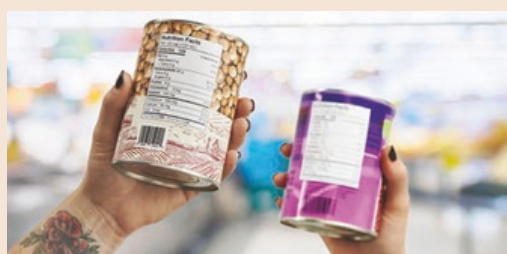
Cook more often



Enjoy your food



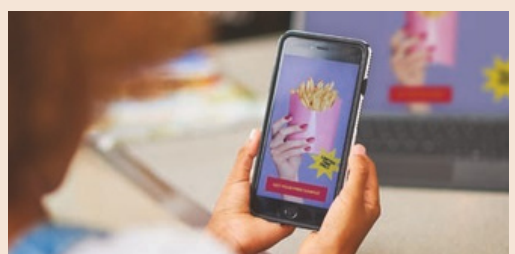
Eat meals with others



Use food labels



Limit foods high in sodium,
sugars or saturated fat



Be aware of food marketing

Following the Canadian 24-Hour Movement Guidelines for Adults can help you obtain health benefits and live your best life.



Make your whole day matter.



MOVE MORE

Add movement throughout your day, including a variety of types and intensities of physical activity and muscle strengthening activities.



R E D U C E SEDENTARY TIME

Limit recreational screen time and break up sedentary time often.



SLEEP WELL

Set yourself up for good-quality sleep on a regular basis, with consistent bed and wake-up times.

Learn more at csepguidelines.ca

For health benefits, adults aged 18-64 years should be physically active each day, minimize sedentary behaviour, and achieve sufficient sleep.

A healthy 24 hours includes:

PHYSICAL ACTIVITY

Performing a variety of types and intensities of physical activity, which includes:



- **Moderate to vigorous aerobic physical activities** such that there is an accumulation of at least 150 minutes per week
- Muscle strengthening activities using major muscle groups at least twice a week



- Several hours of **light physical activities**, including standing

SLEEP



Getting 7 to 9 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times

SEDENTARY BEHAVIOUR




Limiting sedentary time to 8 hours or less, which includes:

- No more than 3 hours of recreational screen time
- Breaking up long periods of sitting as often as possible



Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.

 Progressing towards any of these targets will result in some health benefits.

For health benefits, adults aged 65 years or older should be physically active each day, minimize sedentary behaviour, and achieve sufficient sleep.

A healthy 24 hours includes:

PHYSICAL ACTIVITY

Performing a variety of types and intensities of physical activity, which includes:



- **Moderate to vigorous aerobic physical activities** such that there is an accumulation of at least 150 minutes per week
- Muscle strengthening activities using major muscle groups at least twice a week
- Physical activities that challenge balance



- Several hours of **light physical activities**, including standing

SLEEP



Getting 7 to 8 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times

SEDENTARY BEHAVIOUR




Limiting sedentary time to 8 hours or less, which includes:

- No more than 3 hours of recreational screen time
- Breaking up long periods of sitting as often as possible



Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.

 Progressing towards any of these targets will result in some health benefits.

Make the Active Choice the Easy Choice

Check out these simple ways to make getting active, simple, safe, and fun.

Choose Active Activities

Choosing active activities more regularly can help you reach your physical activity goals. Try parking further away, standing instead of sitting, gardening, cleaning, taking the stairs, or walking while on the phone. Get creative and have fun!

Set Realistic Goals

Try breaking down larger goals into smaller more manageable ones. For example, if your goal is to walk for 30 minutes every day, but you're not regularly walking, start small with 10 minutes and slowly increase until you reach your goal.

Keep it Fun!

Meeting your physical activity goals should be fun! Try getting outdoors, making it social, or listening to a book, podcast, or fun music. Don't be afraid to try something new and change up your routine!

Join a Group

Exercising with a group can not only be a great way to meet new people and have some fun, but it can also help keep you on track and accountable for your progress. Check out local gyms, community, or senior centers, to get started!

Come Prepared

Changes in blood sugar can be a concern while exercising, but planning ahead can keep you safe! Be sure to come prepared with plenty of water, monitor your blood sugar before & after exercise, and keep a snack on hand.

Talk to a professional

Starting an exercise program can feel overwhelming at times. If you're unsure about what you are doing or don't know where to start, reach out to your care team! They can help you get on the right track.

Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex



Thank you!

This is brought to you by
Windsor Essex Community Health Centre

Submit your own recipes for the second edition
of Cooking From a Food Bank by emailing us at
healthpromotion@wechc.org

Check out our events calendar and
more resources like this



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