



**STAY  
WELL  
IN  
WINTER**

# Keep Stocked Up

Try to keep a stock of food at home if you are unable to get out because of bad weather or illness. Helpful supplies that require little preparation are:

- Tinned fruit, vegetables, fish and pulses such as beans or chickpeas
- Cereals, yoghurts, dried milk or UHT milk
- Pitta bread, oatcakes, crumpets and tea-cakes

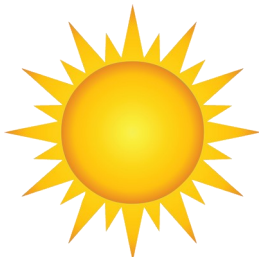


Keep your cupboards stocked with long lasting foods such as:



- Pasta, rice and lentils
- Stock cubes for soups & sauces
- Tinned tomatoes & tomato puree
- Dried spices and herbs

Aim to keep a good supply of dry and frozen food. Batch cooking soups, stews and pasta dishes are useful for freezing and taking out when needed. Lots of supermarket meals and ingredients can be frozen so check labels. Items such as bread and crumpets can easily be kept in the freezer and taken out as individual slices.



Sunshine is where most of our vitamin D comes from so consider taking a supplement during the winter months. Vitamin D helps to maintain healthy bones, muscles and teeth, and supplements can be purchased at your local chemist or supermarket.

## Keep Well

**Getting out and about can become more difficult during the winter so it's good to be prepared to stay safe and healthy at home.**

- Order repeat prescriptions in plenty time
- Contact your local chemist to see if they can deliver your medicines
- Don't delay getting your flu jab vaccination, open to all over 65s
- Wear shoes with grips and replace a worn cane tip to make walking easier



## Keep Warm

**As we get older, we're at greater risk of feeling cold due to a decrease in circulation, thinning of the skin and fat, and a reduced metabolism. You can keep warm at home by:**

- Layering up clothes
- Having a supply of blankets
- Get your boiler checked and set the temperature to at least 18 degrees
- Help stay warm and hydrated by making yourself regular warm drinks every few hours.
- Keep up to date with news & weather reports and when bad weather is predicted.



# Keep Connected

Christmas can be a difficult time of year. Feelings of isolation, depression and loneliness during the winter months are not uncommon, especially for older people. Keeping connected and socialising can help combat these feelings and there are lots of organisations who provide support all year round.



**Food Train** - Provides vital services for older people in 7 local authority areas in Scotland. Services include grocery shopping and delivery, handyperson 'help at home' service, befriending and library outreach. Call **01387 270800**.



**Meal Makers** – If you are aged 55+, Meal Makers will connect you with a local volunteer who will bring round extra portion of home cooking on a regular basis and will also stay for a chat. Call **0800 783 7770**



**Food Train Connects** – Connects those aged 65+ with a local volunteer to help with grocery shopping. Additional Phone Friends befriending service available to all shopping customers. Call **0800 304 7924**



**Age Scotland** – The Age Scotland Helpline is a free, confidential phone service for older people, their carers and families that provides information, friendship and advice.. Call **0800 12 44 222**.



**The Silver Line** - The Silver Line is a free confidential telephone helpline offering information, friendship and advice to older people available 24 hours a day. Call **0800 4 70 80 90**

## Keep Active

Even though the wintry weather might make it tougher to get and about outside, it's important to try and stay active at home. Keeping active every day helps to maintain your muscles.

- Try standing when you are on the telephone.
- Doing housework helps to keep your muscles moving.
- Chair based exercises are helpful if walking is difficult.
- When watching TV, try getting up and moving around during ad breaks



If you have any queries about eating and staying well during winter then you can contact Eat Well Age Well

**0131 447 8151**

