



Here's an option for eating well

By Ellen Waldman

March 02, 2021

Food can really make us feel a lot better, even in difficult times. For older adults, staying well-nourished is especially important. These days, finding new ways to keep interested in eating healthy foods might not be as challenging as it seems. By now, we all know that there are numerous grocery stores providing curbside pickups. As well, many of the local grocery stores have times set aside for older or more vulnerable adults to shop. Also, some of our favorite local restaurants have delivery and curbside services as well.

But there's one other resource that you may not be aware of. Many months ago, my daughter who lives in the Eugene area, sent me a gift card for Rogue Produce. Since then, I have become a monthly member, and here are some reasons you might consider this, too.

Rogue Produce, (<https://rogueproduce.com>; 541-301-3426), calling themselves an "online farmers' market" on their website, is just what you might imagine. They offer a wide range of products including a variety of vegetables and fruits, breads, snacks, meats and cheeses. At last count, there were 245 delicious products to choose from. They source them locally whenever available and work with local farms and small businesses who are sustainable and organic, as much as possible.

Here's what they offer that makes this such a great service for anyone, and perhaps especially older adults. Each week, they send you an email with beautiful pictures of that week's offerings from a long list of food categories and choices. The few I mentioned above are just the beginning of the selection. After placing your order, they make front-door deliveries on Fridays.

They offer several types of memberships in order to access their service. You can simply order from them any week (minimum order \$35) and pay \$12 per order for delivery. You can also decide to become a farmer's market member annually for \$99, or monthly for \$9.99. With those memberships, they'll waive the delivery/processing fee. It's a great deal for getting excellent quality food, and supporting our local economy. Wins all around.

There's another important consideration for those who might be living alone these days. It's been shown that if food arrives in front of you, there is a better chance that you'll eat healthily. Otherwise, boredom sets in and people resort to snacks for their meals. Missing out on socialization during meals is also a factor as a change in eating habits. When people who live alone move into a community setting, they often eat better for the first time in a long time. Sitting across from someone sharing a meal and conversation makes a big difference. As does having a choice of excellent food options.

When you've finished enjoying your food preparation and consumption, you also might take them up on their other service: community composting. For \$55 every three months, they will come to your door and pick up your food scraps. They donate them to local farms and businesses who turn it into compost. In addition, you reduce the waste in our local landfill and provide a great benefit to local farmers. There's also another benefit to you. From their website: With the backing of many small businesses in

Southern Oregon who have stepped up to help create an annual customer appreciation coupon book – exclusively for those who participate in the community compost service! The coupon book contains discounts to some of your favorite restaurants and great local businesses. The current coupon book provides approximately \$100 in savings; for the next book, our goal is to reach a potential savings of \$250 for all of our community compost customers! More wins all around from this one local service.

So, for those of you who want to eat well, support local business and farms, and keep the cycle of life going with compost, Rogue Produce might be just the thing for spring. And oh yes, the Rogue Valley Growers Market opens Tuesday March 2, 2021 at 8:30 am-1:30 pm at the National Guard Armory on E. Main St in Ashland. Food abundance abounds; eat heartily .