



## **Caring You Can Count On: Home Care Tips from Central Penn Nursing Care**

### **FOOD SHOPPING ASSISTANCE**

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For seniors who remain at home, do not drive, or have trouble walking, home healthcare assistants can provide valuable food shopping services. Before going to the store, they will sit with their clients and plan meals and snacks for the next few days or for a week. They can check to see what foods are on hand and make note of staples, like milk and bread that need to be replenished. They will put emphasis on selecting low-fat, nutritious items like fruits and vegetables, lean meats, fish, and eggs. Homecare assistants' purchases can provide their senior clients with sufficient ingredients to prepare more than one meal and freeze the balance in meal-sized portions.

Are you worried about your loved one as he or she ages in place? Are you exhausted by the work necessary to care of your loved one? We can help with cooking, cleaning, bathing, and dressing, as well as provide the company and mental stimulation that helps keep people happy and engaged.

P.S. The homecare worker can limit canned and frozen product purchases to those that are low in sodium, saturated fat, and cholesterol.

**Call us in Lancaster (717) 569-0451, or you may contact us through our website at [www.cpnc.com](http://www.cpnc.com). *In-Home Nursing Care you can count on!***