



Focus on Your Eyes

- Have your eyes checked every year for changes in their health and vision.
- Keep your home well lit, especially entrances and stairways.
- Be careful on the stairs and curbs if you wear multifocal lenses.
- Give your eyes time to adjust when you move from dark to much brighter areas.



Quick Macaroni and Cheese

Serves: 3

1 cup	elbow macaroni, uncooked	250 mL
2 tbsp	margarine	30 mL
2 tbsp	flour	30 mL
1/4 tsp	dry mustard	1 mL
1 cup	milk	250 mL
1 cup	grated cheddar cheese	250 mL
dash	pepper	dash

Instructions:

- Cook macaroni in boiling water for 10 minutes, stirring several times. Drain and set aside.
- Meanwhile, melt margarine in a medium saucepan. Stir in flour and mustard. Add milk slowly, stirring all the time. Cook and stir until mixture boils and thickens.
- Turn stove to low heat. Add cheese and stir until cheese is melted and sauce is smooth.
- Add drained macaroni. Mix gently. Stir over low heat until mixture is hot. Add salt and pepper to taste.

Nutrition information:

Per serving: 400 calories, 21 g fat, 9 g saturated fat, 0.5 g trans fat, 40 mg cholesterol, 418 mg sodium, 35 g carbohydrate, 1 g fibre, 5 g sugars, 15 g protein, 15% DV vitamin A, 0% DV vitamin C, **35% DV calcium, 17% DV vitamin D.**



Recipe adapted from *The Basic Shelf Cookbook*, First Edition 1994 with permission of the Canadian Public Health Agency.

