



A Movie Night In With Easy-To-Make Snacks

A night in with your favorite movie and a healthy snack on the living room couch can be the perfect way to cool down from a long summer day. It can also be an effective therapeutic and stimulating activity that can help take focus off current ailments and elevate mood. Though the present situation makes it difficult to leave the house and participate in once-loved activities, you can try to recreate the pleasures of a night out with the perfect movie and an arrangement of healthy and delicious treats.

Find the Right Movie, On or Offline.

For an easy and nostalgic watch, pick a classic from your movie shelf. If you're in search of a movie that's not yet in your collection, online streaming sites can help. This is still a fairly new technology that many seniors are not familiar with; but as long as you have an internet connection, it's a great resource.

- If you have a reliable internet connection and a computer and/or smart TV, you have access to a variety of online streaming websites that offer an array of award-winning films including classics and new releases. Do a quick internet search

to explore movie streaming subscriptions like Netflix and Criterion Channel, which offer free monthlong trials for classic and contemporary cinema from around the world.

- Don't hesitate to ask a loved one for assistance. Children and grandchildren will likely understand the newer technology and are just a call away. Once they set you up and you understand the basics, you'll be set for many hours of enjoyment.

Prepare a Popcorn Bar.

Popcorn is as essential to movie night as the movie itself. Despite its bad rap, popcorn is a whole grain, boasting fiber, antioxidants and other health benefits ... when not soaked in movie theater butter! Start with eight cups of plain, freshly popped corn. Then, decide on a selection of popcorn bar toppings that give you and everyone options to choose from.

Try a popcorn mix: Combining a few or more of these toppings can quickly elevate your popcorn without stripping it of its nutrients.

More Simple and Clean Alternatives.

For alternatives to over-processed movie theater foods, try:

- Oven-roasted chickpeas – Chickpeas are packed with nutrients and rich in plant protein and when roasted, offer a light crunch similar to popcorn. Toss dried-off chickpeas with one tablespoon olive oil and one-quarter teaspoon each salt and ground black pepper. In an oven preheated 450°F, roast the chickpeas until crispy for 20 to 25 minutes.
- Apple slices and peanut butter – Try this classic duo for a source of whole-food carbs and fiber and a dose of healthy fats and proteins. You can swap out the apples with celery for a crunchy, lower-carb treat.
- Frozen or chilled grapes – Swap out fruit-flavored gummies with high-antioxidant fruits. Grapes when chilled are nice and refreshing, no fuss to prepare and a sweet and healthy solution to sugary cravings.

In a nutshell, keep movie nights simple; but don't be afraid to elevate your usual summer go-to treats.

Popcorn Mixes

Try mixing these with your popcorn to spice things up!

- Light salt, or sea salt
- Black pepper
- Olive oil
- Parmesan
- Garlic
- Rosemary
- Brown sugar
- Ground cinnamon
- Dark chocolate
- Honey
- Peanut butter, or any nut butter
- Dried fruits or nuts

