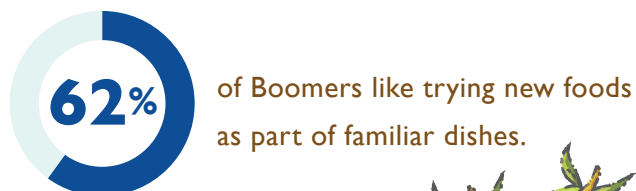
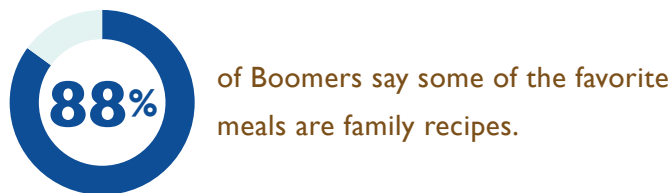
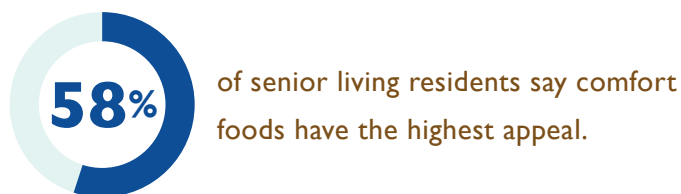


COZY UP TO TURKEY IN *Senior Living*

Comfort food nourishes the body and soul, especially in senior living. Turkey brings a wholesome boost to nostalgic meals residents and diners love, for the perfect balance of flavor and wellness in every bite.

NOSTALGIA MATTERS



TIP

Keep it hearty and nutritious with this better-for-you [Turkey Bolognese](#).



TIP

Serve [Encrusted Turkey Breast](#) to turn up the comfort in a fresh, flavorful way.



TURKEY BRINGS BIG BENEFITS TO SENIOR DIETS

- Protein: Essential for building antibodies
- Selenium: Supports antioxidant defense
- Zinc: Helps with immune cell function and wound healing
- Plus: L-Tryptophan, tyrosine, choline and vitamin B12

TIP

Try turkey instead of beef in classics like savory [Stuffed Peppers](#).



Sources

Healthcare Foodservice Multi Client Study, Technomic, 2024

Baby Boomer Bites: 2023 Consumer Insight, McCormick Flavor Solutions, 2023

Delicious, Nutritious, Versatile: Exploring Turkey's Role in Senior Wellness, Leslie Bonci, MPH, RDN, CSSD, LDN, FAND, 2025