



Greater Wisconsin  
Agency on Aging Resources, Inc.

## Food, Fluids, & Fall Prevention GWAAR Nutrition Team Presentation July 30, 2026, from 10:00 to 11:00 am

### Protein & Hydration Tasting Ideas for Group Viewing Parties

#### Protein Power Station

##### **Greek Yogurt Taste Test**

- Compare plain vs. vanilla Greek yogurt protein content & taste variance
- Compare Greek vs. regular yogurt protein content
- Add toppings:
  - Fresh berries
  - Cinnamon
  - Chopped walnuts
  - Ground flaxseed & Chia seeds
  - Granola
  - Honey

**Build-Your-Own Cottage Cheese Cup:** Note that protein content is similar to Greek yogurt; however, it can be high in sodium, but it is fairly low in calories.

Choose sweet or savory toppings:

- Peaches
- Pineapple
- Tomatoes
- Cucumbers
- Everything Bagel seasoning
- Chives
- Black pepper

**Cheese Sampling** Offer several varieties:

- Cheddar
- Mozzarella
- Swiss
- Gouda
- Pepper Jack
- Serve with whole grain crackers or apple slices

**Nut & Seed Butter Bar** Serve with:

- Apple slices
- Celery
- Banana
- Whole grain crackers
- Peanut butter
- Almond butter
- Sunflower seed butter



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**High-Protein Milk Comparison:** Taste and compare:

- Fat-free milk
- 1% milk
- Lactose-free milk
- Soy milk
- Almond milk

Discuss the protein differences.

**Hummus Bar:** Offer several flavors:

- Classic
- Roasted Red Pepper
- Garlic
- Dill Pickle Serve with:
- Bell peppers
- Carrots
- Cucumbers
- Snap peas
- Whole-grain pita chips

**Protein Snack Packs:** Create grab-and-go examples:

- Cheese + grape Kabobs
- Roasted chickpeas

**Protein Bars & Drinks:** Buy a variety and compare labels and protein content. Discuss:

- Protein per serving, Added sugars, Cost, and Taste

**Bean Sample Ideas:**

- [Roasted chickpeas recipe](#)
- [Black bean dip recipe](#)
- [Farmers Market Black bean salsa recipe](#)
- Share bean recipe websites:
  - <https://cannedbeans.org/recipes>
  - <https://foodhero.org/recipes/recipe-categories/beans-drycanned>

**Energy Bite Sampling:** Examples:

- [Peanut Butter Yogurt Dip Recipe](#) with Apple Slices
- [Cranberry Oatmeal Balls Recipe](#)



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## Hydration Heroes Station

**Infused Water Bar** Flavor combinations: Find several recipes at <https://foodhero.org/recipes/recipe-categories/flavored-water>

- Lemon + Mint
- Strawberry + Basil
- Orange + Blueberry
- Cucumber + Lime
- Watermelon + Mint

**Sparkling Water Taste Test:** Compare flavored sparkling waters with plain water.

**Hydrating Foods Display:** Offer samples of or Fruit Kabobs of:

- Watermelon
- Cucumbers
- Tomatoes
- Strawberries
- Oranges
- Grapes
- Celery

**Smoothie Station** Mini smoothie samples made with: Find several recipes at <https://foodhero.org/smoothies>

**Herbal Tea Bar:** Offer hot and iced caffeine-free teas with lemon or fruit.

*Thank you for participating in the presentation and for helping make the event a success by providing snacks! We truly appreciate your support, cooperation, and partnership in making this educational opportunity enjoyable and engaging for participants.*

*With appreciation,*

***Pam VanKampen and Kristi Cooley***

*On behalf of the GWAAR Nutrition Team*