

June 2009

Community Action Agency of Butte County, Inc. Senior Nutrition Program Home Delivery Lunch Menu Serving Butte County

Suggested Meal Donation: \$2.50 for Seniors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
06/01/09 Roast Beef w/Gravy Mashed Potatoes+ Green Peas W/W Roll Pink Grapefruit +	06/02/09 Veal Parmesan Green Beans Carrots* Bread Stick Mandarin Oranges+	06/03/09 Baked Chicken over Brown Rice Mashed Potatoes+ Broccoli W/W Roll Kiwi x2+	06/04/09 Tuna Casserole Green Peas Creamed Corn Crackers Fresh Orange+	06/05/09 Meatloaf & Gravy Mashed Potatoes+ California Blend Veggie W/W Roll Pineapple Tidbits+
06/08/09 Chicken Cacciatore Mixed Veggies*+ Green Peas W/W Roll Red Pear	06/09/09 Glazed Fish over Brown Rice ♥ Green Beans Corn W/W Roll Kiwi x2	06/10/09 Turkey & Gravy Mashed Potato+ Spinach W/W Roll Apricots *	06/11/09 Sweet & Sour Chicken ☼ Over Brown Rice Oriental Blend (2-1/2 c svgs) Pineapple Tidbits +	06/12/09 Lasagna with Meat Sauce Italian Green Beans Corn Bread Sticks Apple
06/15/09 Fish Sticks Mashed Potatoes Mixed Veggies W/W Roll Orange	06/16/09 Chicken & Noodles Casserole Mixed Veggies Broccoli W/W Roll Red Pear	06/17/09 Cheese Enchilada ☼ Mexicali Corn* Peas Fresh Peach	06/18/09 Salisbury Steak with Gravy Sweet & Sour Cabbage Hash Browns Bread Stick Pink Grapefruit	06/19/09 Spaghetti & Meat Balls Mixed Veggies* Broccoli+ W/W Roll Banana
06/22/09 Beef Burgundy over Egg Noodles Green Beans Carrots* Bread Sticks Orange +	06/23/09 Chicken Cordon Blue over Brown Rice California Blend Veggie Corn W/W Roll Tropical Fruit Cup+	06/24/09 White Turkey & Gravy Sweet Potato * Scandinavian Blend + W/W Roll Kiwi+ x2	06/25/09 Baked Fish in Hollandaise Sauce Brown Rice Lima Beans Corn Orange+	06/26/09 BBQ Chicken Mashed Potato + Spinach* W/W Roll Banana+
06/29/09 Beef Stew ** Hash Browns* Carrots Bread Sticks Tangerine+	06/30/09 Cheese Cannelloni ▼ Green Beans Peas & Carrots+* W/W Roll Orange +			

+ = Vitamin C * = Vitamin A ☼ = High Sodium ♥ = Heart Healthy ☼ = Ethnically Oriented Meal ▼ = Vegetarian 8 oz of 1% milk served with every meal

NUTRITION EDUCATION

Garlic

Garlic's use dates back thousands of years as both a traditional medicine and seasoning. Some chemicals in it are thought to confer health benefits—notably alliin, which gives garlic its strong taste and smell, though not all scientists agree that it is the main beneficial ingredient. Garlic supplements vary widely in composition, depending on the age of the garlic and how it is processed.

Claims, purported benefits: Lowers cholesterol; fights cancer, hypertension, diabetes, and infections, including the common cold.

Evidence: Lab and animal studies suggest that garlic has a range of benefits. It keeps blood platelets from sticking together (reducing the risk of blood clots) and may have anti-cancer and cholesterol-lowering effects. But what happens in people is less clear. Most human studies have been small, short, and inconsistent. Some have found that garlic reduces cholesterol by about 10%, but a well-designed Stanford study in 2007 found that neither raw garlic nor supplements had an effect.

Bottom line: There's no clear evidence that garlic pills are beneficial. Even if they lower blood cholesterol, the effect is relatively small, especially compared to a heart-healthy diet and medication. And no one knows what dose or form—powder, oil, or aged "deodorized" extracts, for example—would be best. Supplements may increase the risk of bleeding if taken with warfarin (Coumadin), aspirin, or possibly fish-oil pills, and they may interact with medications, including certain ones for diabetes and hypertension. Some may cause nausea, heartburn, bad breath, and body odor. In independent testing, many garlic supplements did not meet their label claims or were contaminated with lead. But there's no harm in eating more garlic—though cooking garlic at high temperature destroys potentially active components

University of Berkley, Wellness Newsletter, 05/09

Lower your energy bills and save money. Community Action Agency of Butte County is offering Free Weatherization Services to Butte County residents. Qualified low-income customers can receive weatherization measures and energy efficient appliances to reduce gas and electric expenses. This could include attic insulation, weather-stripping, caulking, compact fluorescent lamps, showerheads, and free energy-efficient appliances. You may qualify whether you rent or own your home. To find out more call: **(530) 538-7534 ext. 209**

For information on home delivered meals for home bound seniors, please call Gail McCann at 538-7534 ext.215 or 891-2807

The Senior Nutrition Program is sponsored by the Community Action Agency of Butte County, Inc., 2255 Del Oro Avenue, Oroville, CA 95965, (530) 538-7559. Rules for acceptance and participation are the same for everyone without regard to race, origin, sex or handicap.

Reservations are required at all sites; call the Site Manager the day before you wish to have lunch. If you made a reservation and cannot attend, please call to cancel. **Please note:** Meals will be served first to those who have made a reservation. Thank you.

JUNE SITE ACTIVITIES

All Sites:

18th Birthday Celebration
19th Father's Day Celebration
Ask Site Leads about other activities.

Lunch is served at Noon, Monday-Friday at the following locations:

Chico: 775 E. 16th Street - 343-9605
Gridley: Congregate Site, 240 Spruce, (Lisa) 321-7651
Oroville: 1335 Myers Street- 534-5859
Paradise: 877 Nunneley Road - 877-5016

Lunch is served at 11:45am Monday-Friday at the following locations:

Marysville Center: 928 14th St. 990-0758/741-0777
Yuba Senior Center: 777 Ainsley Ave 990-0852/282-8557

Lunch is served at 11:45am, Mon-Wed-Fri:

Brownsville Community Center 17103 N. Ponderosa Way
Call Liza 530-321-7651 for Brownsville Site
Wheatland Center: 705 3rd St, Wheatland

