

# January, 2010

Community Action Agency of Butte County, Inc.

Senior Nutrition Program



Congregate Lunch Menu

Serving Butte, Sutter & Yuba Counties

**Suggested Meal Donation: \$2.50 for Seniors (Diners under 60: \$5.00 per meal) Transportation: \$1.00 donation roundtrip**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h2>Happy New Year 2010</h2>				<p>01/01 New Years Holiday</p>
01/04	01/05	01/06	01/07	01/08
Beef Stew Veggies in Stew*+ Coleslaw + Biscuit Peaches	Garden Hamburger ▼ Oven Baked Potato Wedges +  Italian Green Beans+ Whole Grain Bun Fruit Cocktail	Jumpin Jambalaya ☀ Spinach Salad w/Tomatoes*+ Sweet Potato Fries* Whole Grain Corn Muffins Fresh Cantaloupe*+	Multi-Bean Soup Ham Sandwich on W/W Bread w/Romaine+ & Tomato+ Broccoli Salad * Pineapple Tidbits+	Salmon Boat w/lemon ♥ Spring Mix Salad w/Carrots*+ Sugar Snap Peas+ Whole Grain Roll Fresh Honeydew*+
01/11	01/12	01/13	01/14	01/15
Creole Baked Fish ☀♥ Over Brown Rice Cajun Veggies+ Sweet Potato Casserole* Pineapple Tidbits+	Roast Turkey Mashed Potatoes + w/ Gravy Spinach * Whole Grain Bread Apricot Crisp *	Baked Potato Bar+ w/ ▼ Ranch Beans and Cheese Broccoli + Whole Grain Roll Fresh Red Pear	Herb Baked Chicken ♥ Zucchini Beets Brown Rice Pilaf Fresh Orange +	Roasted Pork Loin ♥ Sweet Potato Oven Fries* Key Largo Veggies*+ Whole Grain Roll Mandarin Orange*+
01/18 Martin Luther King Holiday	01/19	01/20	01/21	01/22
	Old Fashioned Meat Loaf Mashed Potatoes + w/ Gravy Calif. Blend Vegetables * Multi-Grain Roll Fresh Apple	Sweet & Sour Pork w/Onion ☀ Bell Pepper & Pineapple Ginger Carrots* Steamed Brown Rice Banana*+	Swedish Turkey Meatballs Over Whole Wheat Noodles Swiss Chard* + Cranberry Juice + Peach Cobbler 1/2c fruit	Tuna Stuffed Tomato ♥ Romaine & Shredded Carrots*+ Three Bean Salad Whole Wheat Bread Fresh Honeydew+
01/25	01/26	01/27	01/28	01/29
Baked Fish w/lemon+ ♥ Zucchini & Stewed Tomatoes+ Broccoli+* Brown Rice Pilaf Fresh Strawberries+	Braised Beef Tips over Noodles Peas & Carrots * Romaine Salad + Tomato+ Applesauce +	Baked Macaroni & Cheese ▼ Spinach Salad* w/Mandarins+ Broccoli Florets + Whole Grain Bread Sticks Fresh Mandarins+	Chicken Tacos w/Salsa ☀ Romaine and Tomatoes + Fiesta Veggies*+ Spanish Brown Rice Fresh Red Grapes	Spaghetti w/Meat Sauce Broccoli*+ Spring Mix Salad+ Whole Grain French Bread Fresh Honeydew+

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

Senior Nutrition Program is partially funded by Area 3 Agency on Aging in Butte County and Area 4 Agency on Aging in Sutter & Yuba Counties

# NUTRITION EDUCATION

## An Antioxidant Surprise in Cereal and Popcorn Bowls

Eating whole-grain cereal for breakfast or snacking on popcorn does more than just add fiber to your diet, according to new University of Scranton research: Whole-grain cereals and snacks also contain surprisingly high levels of antioxidants called polyphenols, rivaling such well-known antioxidant sources as fruits and vegetables. In research recently presented to the American Chemical Society, scientists took a fresh look at the antioxidant content in whole-grain foods, measuring total antioxidants rather than just “free” antioxidants (those not in chemical linkage requiring digestion).

The findings were an eye-opener, perhaps helping to explain the health benefits of whole grains beyond their fiber content, according to lead researcher Joe Vinson, PhD. Wholegrain cereals scored the highest, with oat varieties containing the most antioxidants, followed by corn and wheat. Popcorn proved the champ among snacks, delivering five times the antioxidants of any other snack tested; snacks that were more heavily processed, such as tortilla chips, lost much of their original antioxidant benefits.

Tufts University Health & Nutrition Newsletter Nov. 2009

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 .245 or 891-2807 x4, x245

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.

## January 2010 Site Activities

### All Sites:

Friday 1<sup>st</sup>

Wednesday 6<sup>th</sup>

Friday 15<sup>th</sup>

Monday 18<sup>th</sup>

New Years Holiday

African-American Ethnic Day

Birthday Celebration

Martin Luther Kings Birthday Holiday

*Ask Site Leads about other activities.*

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

Chico: 775 E. 16<sup>th</sup> Street - 343-9605

Gridley: 194 Washington St, 846-3264

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 14<sup>th</sup> 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

Wheatland Center: 705 3<sup>rd</sup> St, Wheatland

Call Liza 530-321-7651 for Brownsville & Wheatland Sites

Beginning January, 2010 Community Action Agency of Butte County, Inc. will be providing Home Delivered Meals to Sutter and Yuba Counties. See below for information.