

August, 2010

Community Action Agency of Butte County, Inc.

Senior Nutrition Program






Congregate Lunch Menu

Serving Butte, Sutter & Yuba Counties

There is no obligation to contribute & a contribution is purely voluntary. You will be provided a meal whether you donate or not.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/02 Beef Stroganoff over Whole Wheat Egg Noodles Spinach + * Pickled Beets Honeydew +	08/03 Provincial Stuffed Pepper ▼ White Bean Salad Rice Pilaf Strawberries w/Non-Fat Vanilla Yogurt +	08/04 Tahitian Pork w/ Veggies + ☼ over Steamed Brown Rice Baby Carrots * Green Grapes+	08/05 Honey Dijon Chicken ♥ Rosemary Red Potatoes + 5-way Mixed Vegetables* Whole Wheat Bread Fresh Pears+	08/06 Roast Turkey Mashed Potatoes+ Broccoli*+ Whole Grain Roll Fresh Banana+
08/09 Salmon Boats w/ Lemon ♥ Spring Mix Salad w/Carrots+* Sugar Snap Peas+* W/G Roll & Honeydew +	08/10 Oven-Fried Chicken ☼ Mashed Potatoes+ w/Gravy Green Beans Biscuit Fresh Orange+	08/11 Chef's Salad w/ Ham, Turkey, Cheese & Egg Mixed Salad Greens + Tomato Wedges + Whole Grain Roll & Banana+	08/12 Chinese Pepper Steak ☼ w/ Vegetables + Steamed Brown Rice Baby Carrots * Steamed Cabbage+ Fresh Apple+	08/13 Hamburgers w/ lettuce, tomato+, pickles Black Bean, Corn, Tomato Salad *+ Potato Salad + Watermelon Slice +
08/16 Baked Fish w/ Lemon ♥ Zucchini & Stewed Tomato + Broccoli +* Brown Rice Pilaf Strawberries +	08/17 Rueben Sandwich ☼ w/Swiss cheese Sauerkraut + Spinach Salad w/ Carrot +* Rye Bread & Banana+	08/18 Garden Chili ▼ Spinach * Coleslaw+ Whole Grain Cornbread Fresh Banana+	08/19 Old Fashion Meatloaf Mashed Potatoes+ w/ Gravy 5-Way Mixed Vegetables * Whole Grain Bread Cantaloupe*+	08/20 Macaroni & Cheese ▼ Zucchini Key largo Veggies*+ Fresh Mandarins+
08/23 Greek Seasoned Chicken ☼ w/ Orzo Green Beans Spinach* Salad w/ Tomato + Spiced Apricots*	08/24 Baked Fish Scandia ♥ Brown Rice Succotash +* Baby Carrots * Banana+	08/25 Baked Potato Bar ▼ Ranch Beans, Cheese Broccoli+ Whole Grain Bread Red Pear+	08/26 Herb Baked Chicken Cucumber Salad* + Ca. Blend Vegetables +* Biscuit Cantaloup*+	08/27 Tuna Stuffed Tomato+ on ♥ Romaine w/ Carrot * Three Bean Salad W/W Roll Honeydew+
08/30 Seafood Salad on bed of Spring Greens w/Carrots* w/Tomato Wedges+ & Hard Boiled Egg, White Beans Salad Bread Sticks & Orange+	08/31 Chicken Tandori ☼ Curry Brown Rice Summer Squash + Steamed Cauliflower+ Fresh Apple+			

+ = 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

Healthy Eating for Older Adults

Eating a variety of foods from all food groups can help you get the nutrients your body needs as you age. A healthy eating plan emphasizes fruit, vegetables, whole grains and low-fat or fat-free milk or milk products; includes lean meat, poultry, fish, beans, eggs and nuts; and is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Eating right doesn't have to be complicated. Start with these recommendations from the *Dietary Guidelines for Americans*:

- Eat fruits and vegetables. They can be fresh, frozen or canned. Eat more dark green vegetables like leafy greens or broccoli and orange vegetables like carrots and sweet potatoes.
- Vary your protein choices with more fish, beans and peas.
- Eat at least three ounces of whole-grain cereals, breads, crackers, rice or pasta every day.
- Have three servings of low-fat or fat-free dairy (milk, yogurt or cheese) that are fortified with vitamin D to help keep your bones healthy.
- Make the fats you eat healthy ones (polyunsaturated and monounsaturated fats).

Add Physical Activity

Balancing physical activity and a healthful diet is your best recipe for health and fitness. Set a goal to be physically active at least 30 minutes every day. You can break up your physical activity into 10-minute sessions throughout the day.

If you are currently inactive, start with a few minutes of activity, such as walking, and gradually increase this time as you become stronger. Check with your health-care provider before beginning a new physical activity program.

American Dietetic Association eatright.org

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

August 2010 ~ SITE ACTIVITIES

All Sites:

3rd Friday

Birthday Celebration

--- ask Site Leads about other activities ---

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

Chico Senior Café: 775 E. 16th Street - 343-9605

Gridley Senior Café: 194 Washington St, 846-3264

Oroville Senior Café: 2450 Oro Dam Blvd, Suite "S"- 533-4571

Paradise Senior Café: 877 Nunneley Road - 877-5016

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

Olivehurst Senior Café: 4979 Olivehurst Ave ~ 635-4011

Yuba Senior Café: 777 Ainsley Ave ~ 674-2338

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

Brownsville Senior Cafe: 17103 N. Ponderosa Way

Call Lisa @ 530-321-7651

Wheatland Senior Café: 705 3rd St, Wheatland - 635-4026

- Community Action Agency of Butte County, Inc. provides Home Delivered Meals to Butte, Sutter and Yuba Counties.
- For information on Home Delivered meals for *home bound* seniors, please call 530-538-7158 ext. 223 or 891-2807 x4, x245
- Reservations are required at all sites; call the Site Lead 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.
- 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.