

August, 2010


Community Action Agency of Butte County, Inc.

Senior Nutrition Program Home delivery 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/02 Beef Burgundy over Egg Noodles Green Beans Carrots* Bread Sticks & Orange +	08/03 Chicken Cordon Blue over Brown Rice California Blend Veggie*+ Corn W/W Roll & Tropical Fruit Cup+	08/04 White Turkey & Gravy Sweet Potato * Scandinavian Blend + Bread Sticks Kiwi+ x2	08/05 Baked Fish in Hollandaise Sauce Brown Rice Lima Beans Corn+ & Orange+	08/06 BBQ Chicken Mashed Potato + Spinach* W/W Roll Banana+
08/09 Beef Stew *+ Hash Browns* Carrots* Bread Sticks Tangerine+	08/10 Cheese Cannelloni Green Beans Peas & Carrots*+ W/W Roll Orange +	08/11 Glazed Fish over Brown Rice ♥ Green Beans Corn W/W Roll Kiwi+ x2	08/12 Pork Patty w/Country Gravy Mashed Potatoes+ Collard Greens* Bread Sticks Apple+	08/13 Mushroom Chicken over Brown Rice Winter Blend Veggie*+ (2-1/2c svg) W/W Roll Tropical Fruit Cup+
08/16 Meatballs & Gravy over Brown Rice Carrots* Succotash*+ Bread Sticks Kiwi x2+	08/17 Teriyaki Chicken over Brown Rice Green Peas*+ Creamed Corn W/G Roll Tropical Fruit+	08/18 Chile over Brown Rice Green Peas*+ Corn & Carrots*+ Whole Grain Corn Bread Banana +	08/19 Macaroni & Cheese Corn+ Creamed Spinach* Bread Sticks Orange+	08/20 Breaded Fish Patty Hash Brown Potatoes Mixed Veggies*+ W/W Roll Applesauce +
08/23 Roast Beef w/Gravy Mashed Potatoes+ Green Peas*+ W/W Roll Apricots*	08/24 Veal Parmesan* Green Beans Carrots* Bread Stick Mandarin Oranges+	08/25 Baked Chicken over Brown Rice Mashed Potatoes+ Broccoli *+ W/W Roll & Kiwi x2+	08/26 Tuna Casserole* Green Peas*+ Creamed Corn Crackers Fresh Orange+	08/27 Meatloaf & Gravy Mashed Potatoes+ California Blend Veggie * W/W Roll Pineapple Tidbits+
08/30 Chicken Cacciatore*+ Mixed Veggies*+ Spinach*+ W/G Roll Red Pear	08/31 Glazed Fish over Brown Rice ♥ Green Beans Corn+ W/W Roll Kiwi x2+			

+ = 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.