

# February, 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
02/01 BBQ Chicken on a Bun Potato Salad + Brussels Sprouts+ Whole Grain Bun Apricots Crisp*	02/02 Garden Chile ▼ Spinach* Coleslaw+ Whole Grain Corn Muffins Fresh Banana+	02/03 Corned Beef & Cabbage+ New Potatoes & Carrots+* Whole Grain Bread Fresh Apple	02/04 Seafood Salad ♥ On bed of Spring Greens+ with Tomato Wedges+, Boiled Egg White Bean Salad Bread Sticks & Fresh Orange+	02/05 Chinese Pepper Steak ☼ with Veggies+ over Brown Rice Baby Carrots* Steamed Cabbage+ Fresh Apple
02/08 Beef Tamale Pie Spinach Salad w/Red Onion Glazed Carrots * Whole Grain Corn Bread Fresh Kiwi + x2	02/09 Chicken Teriyaki ☼ Fried Brown Rice Asian Vegetables Spinach* w/ Lemon+ Fresh Mandarins	02/10 Fish Scandia ♥ Mixed Vegetables * Parsley Red Potatoes Multi-Grain Roll Tropical Fruit Cup+	02/11 Pork Cutlets w/White Sauce Egg Noodles Baked Sweet Potato* Green Beans Fresh Cantaloupe +	02/12 Lincoln's Birthday 
02/15 Washington's Birthday 	02/16 Garden Hamburger ▼ Oven Baked Potato Wedges + Romaine leaves + & Tomato Slices +  Italian Green Beans W/G Bun & Fruit Cocktail	02/17 Jumpin Jambalaya ☼ Spinach Salad w/Tomatoes*+ Sweet Potato Fries* Whole Grain Corn Muffins Fresh Cantaloupe*+	02/18 Multi-Bean Soup Ham Sandwich on W/W Bread w/Romaine+ & Tomato+ Broccoli Salad * Pineapple Tidbits+	02/19 Salmon Boat w/lemon ♥ Spring Mix Salad w/Carrots+* Sugar Snap Peas+ Whole Grain Roll Fresh Honeydew*+
02/22 Creole Baked Fish ☼♥ Over Brown Rice Cajun Veggies+ Sweet Potato Casserole* Pineapple Tidbits+	02/23 Roast Turkey Mashed Potatoes + w/Gravy Spinach * Whole Grain Bread Apricot Crisp *	02/24 Baked Potato Bar+ w/ Ranch Beans and Cheese ▼ Broccoli + Whole Grain Roll Fresh Red Pear	02/25 Herb Baked Chicken ♥ Zucchini Beets Brown Rice Pilaf Fresh Orange +	02/26 Roasted Pork Loin ♥ Sweet Potato Oven Fries* Key largo Veggies*+ Whole Grain Roll Mandarin Orange*+
				

+ = 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

## Eating smart: A key step towards healthy eating

Healthy eating begins with learning how to “eat smart”. It’s not just *what* you eat, but *how* you eat. Paying attention to what you eat and choosing foods that are both nourishing and enjoyable helps support an overall healthy diet.

- **Take time to chew your food:** Chew your food slowly, savoring every bite. We tend to rush through our meals, forgetting to actually taste the flavors and feel the textures of what is in our mouths. Reconnect with the joy of eating.
- **Avoid stress while eating:** When we are stressed, our digestion can be compromised, causing problems like colitis and heartburn. Avoid eating while working, driving, arguing, or watching TV (especially disturbing programs or the news). Try taking some deep breaths prior to beginning your meal, or light candles and play soothing music to create a relaxing atmosphere.
- **Listen to your body:** Ask yourself if you are really hungry. You may really be thirsty, so try drinking a glass of water first. During a meal, stop eating before you feel full. It actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly. Eating just enough to satisfy your hunger will help you remain alert, relaxed and feeling your best, rather than stuffing yourself into a “food coma”!
- **Eat early, eat often:** Starting your day with a healthy breakfast can jumpstart your metabolism, and eating the majority of your daily caloric allotment early in the day gives your body time to work those calories off. Also, eating small, healthy meals throughout the day, rather than the standard three large meals, can help keep your metabolism going and ward off snack attacks. [www.helpguide.org](http://www.helpguide.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**

# FEBRUARY 2010 ~ SITE ACTIVITIES

## All Sites:

12th	Lincoln’s Birthday Holiday
15 <sup>th</sup>	Washington’s Birthday Holiday
3 <sup>rd</sup> Friday	Birthday Celebration

~ ~ ~ *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 - Call Karen @ 530-635-4026/282-8557

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

Brownsville Community Center: 17103 N. Ponderosa Way  
 Call Lisa @ 530-321-7651  
 Wheatland Center: 705 3<sup>rd</sup> St, Wheatland - Call Karen @ 530-635-4026

~ ~ ~ ~ ~

- Community Action Agency of Butte County, Inc. is providing **Home Delivered Meals** to Sutter and Yuba Counties.
- For information on Home Delivered meals for *home bound* seniors, please call Gail McCann at 538-7534 ext 245 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.