

February, 2010

Community Action Agency of Butte County, Inc.



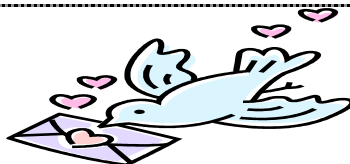
Senior Nutrition Program




Home Delivery Lunch Menu

Serving Butte, Sutter & Yuba Counties

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02/01 Meatballs & Gravy over Brown Rice Carrots * Succotash Bread Sticks Fresh Kiwi x2+	02/02 Teriyaki Chicken over Brown Rice Green Peas+ Creamed Corn Whole Grain Roll Tropical Fruit+	02/03 Chile over Brown Rice Green Peas Corn & Carrots* Corn Bread Fresh Banana +	02/04 Macaroni & Cheese Corn Creamed Spinach* W/G Roll Fresh Orange+	02/05 Breaded Fish Patty Hash Brown Potatoes Mixed Veggies*+ W/G Roll Applesauce +
02/08 Roast Beef w/Gravy Mashed Potatoes+ Green Peas W/G Roll Pink Grapefruit +	02/09 Glazed Fish over Brown Rice Green Beans Corn W/W Roll Fresh Kiwi x2	02/10 Baked Chicken over Brown Rice Mashed Potatoes+ Broccoli W/W Roll Tropical Fruit*+	02/11 Tuna Casserole Green Peas Creamed Corn Crackers Apricots*+	02/12 Lincoln's Birthday Meatloaf & Gravy Mashed Potatoes+ California Blend Veggie W/G Roll Pineapple Tidbits+
02/15 Washington's Birthday Mushroom Chicken over Brown Rice Winter Blend Veggies (2-1/2c svg) W/W Roll Tropical Fruit Cup+	02/16 Veal Parmesan Green Beans Carrots* Whole Grain Roll Mandarin Oranges+	02/17 Turkey & Gravy Mashed Potato+ Spinach W/G Roll Apricots *	02/18 Salisbury Steak with Gravy Sweet & Sour Cabbage Hash Browns W/W Roll Pink Grapefruit	02/19 Lasagna with Meat Sauce Italian Green Beans Corn W/G Roll Fresh Apple
02/22 Chicken & Noodles Casserole Mixed Veggies Broccoli W/W Roll Fresh Red Pear	02/23 Fish Sticks Mashed Potatoes+ Mixed Veggies W/G Roll Fresh Orange+	02/24 Cheese Enchilada Mexicali Corn* Peas Fresh Peach Crackers	02/25 Sweet & Sour Chicken Over Brown Rice Oriental Blend (2-1/2 c svgs) Whole Grain roll Pineapple Tidbits +	02/26 Spaghetti & Meat Balls Mixed Veggies* Broccoli+ W/G Roll Fresh Banana+
				

†= 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

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 th	Washington’s Birthday Holiday
3 rd Friday	Birthday 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: 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 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
 Wheatland Center: 705 3rd St, Wheatland
 Call Lisa 530-321-7651 for Brownsville & Wheatland Sites

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- Community Action Agency of Butte County, Inc. is now 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.