

# March, 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
03/01 Honey Dijon Chicken ♥ Dinner Blend Vegetable*+ Cooked Cabbage Brown Rice Pilaf Fresh Orange +	03/02 Old Fashioned Meat Loaf Mashed Potatoes + w/ Gravy Calif. Blend Vegetables * Multi-Grain Roll Fresh Apple	03/03 Sweet & Sour Pork w/Onion, ☼ Bell Pepper & Pineapple Ginger Carrots* Steamed Brown Rice Banana*+	03/04 Swedish Turkey Meatballs Over Whole Wheat Noodles Swiss Chard + Cranberry Juice + Peach Cobbler 1/2c fruit	03/05 Tuna Stuffed Tomato on bed of ♥ Romaine & Carrots*+ Three Bean Salad Whole Wheat Bread Fresh Honeydew+
03/08 Baked Fish w/ lemon+ ♥ Zucchini & Stewed Tomatoes+ Broccoli*+ Brown Rice Pilaf Fresh Strawberries+	03/09 Braised Beef Tips over Noodles Peas & Carrots * Romaine Salad + Tomato+ Applesauce +	03/10 Baked Macaroni & Cheese ▼ Spinach Salad w/Mandarins Broccoli Florets + Whole Grain Bread Sticks Fresh Mandarins+	03/11 Chicken Tacos w/Salsa ☼ Romaine and Tomatoes + Fiesta Veggies*+ Spanish Brown Rice Fresh Red Grapes	03/12 Spaghetti w/Meat Sauce Broccoli*+ Spring Mix Salad+ Whole Grain French Bread Fresh Honeydew+
03/15 Flag Day BBQ Chicken on a Bun Potato Salad + Brussels Sprouts+ Whole Grain Bun Apricots Crisp*	03/16 Garden Chile ▼ Spinach* Coleslaw+ Whole Grain Corn Muffins Fresh Banana+	03/17 St. Patrick's Day Corned Beef & Cabbage+ 🥬 New Potatoes & Carrots*+ Whole Grain Bread Fresh Apple	03/17 Seafood Salad ♥ On bed of Spring Greens+ with Tomato Wedges+, Boiled Egg White Bean Salad Bread Sticks & Fresh Orange+	03/19 Chinese Pepper Steak ☼ with Veggies+ over Brown Rice Baby Carrots* Steamed Cabbage+ Fresh Apple
03/22 Beef Tamale Pie 🥬 Spinach Salad w/Red Onion Glazed Carrots * Whole Grain Corn Bread Fresh Kiwi + x2	03/23 Chicken Teriyaki ☼ Fried Brown Rice Asian Vegetables Spinach* w/ Lemon Fresh Mandarins	03/24 Fish Scandia ♥ Mixed Vegetables * Parsley Red Potatoes Multi-Grain Roll Tropical Fruit Cup+	03/25 Pork Cutlets w/White Sauce Egg Noodles Baked Sweet Potato* Green Beans Fresh Cantaloupe +	03/26 Oven Fried Chicken Capri Veggies*+ Butternut Squash * Whole Wheat Roll Fresh Banana +
03/29 Beef Stew Veggies in Stew Coleslaw + Biscuit Tropical Fruit*+	03/30 Garden Hamburger ▼ Oven Baked Potato Wedges + Romaine leaves + & Tomato Slices + Italian Green Beans W/G Bun & Fruit Cocktail	03/31 Jumpin Jambalaya 🥬 ☼ Spinach Salad w/Tomatoes*+ Sweet Potato Fries* Whole Grain Corn Muffins Fresh Cantaloupe*+		

+ = 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 WELL AS YOU AGE IS EASIER THAN YOU THINK.  
HERE'S HOW:

- **Focus on good carbs.** Opt for whole grain nutrition (brown rice, whole wheat bread, rolled oats, barley, millet), not refined "white" products, such as white bread, white rice, or products made with white flour.
- **Raw equals roughage!** Aim to eat at least one daily serving of your fruits and vegetables raw. This not only preserves their nutritional value, it's an easy way to eliminate constipation. Raw fruits and veggies are loaded with fiber, vitamins, minerals, and enzymes to aid digestion. Plus, there's no preparation involved. If you have difficulty biting or chewing, cut your apple or carrot into bite-sized pieces. Or try a green salad with grated zucchini.
- **Steaming is the best way to cook vegetables;** it preserves nutrients. Light sautéing is next. Boiling leeches nutrients—but you can use the leftover cooking water as soup stock!
- **Go lean on protein.** Fish, poultry, eggs, beans, peas, nuts and tofu all count as protein, so it's easy to vary your healthy protein choices. Try skinless turkey or chicken, or fish, baked, broiled, grilled, steamed or poached, and you'll savor the flavor while adding healthy, low-fat, low cholesterol nutrition to your diet. Go easy on red meats, which contain saturated fat, and on salty meats such as bacon or ham.
- **Bone up on calcium.** All dairy products are not created equal. Milk, cheese and yogurt retain their calcium content; cream cheese, cream and butter do not. As part of a healthy senior diet, choose fat-free or low fat dairy products. If you're lactose-intolerant, consider lactose-free and lower-lactose products, such as hard cheeses and yogurt. Or, a calcium supplement might be a better way for you to meet your calcium requirement.
- **Choose first-rate fats.** Get your "good" fats from oils such as olive oil and sunflower oil, avocados and avocado oil, nuts and seeds.
- **Keep it moist.** In addition to drinking enough water each day, aim to consume foods with a high water content. Staying properly hydrated flushes toxins from your body, relieves constipation, helps keep your joints flexible and your mind clear. High water content foods include melons, grapes, cucumbers, onions, apples, cabbage, and, of course, soup!

Nutrition for Seniors 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

## March 2010 ~ SITE ACTIVITIES

### All Sites:

17<sup>th</sup>  
3<sup>rd</sup> Friday

St. Patrick's Day Party – Wear Green !!!  
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. ~ 635-4011

Yuba Senior Center: 777 Ainsley Ave - 674-2238

### 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 ~ 635-4026

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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.