

# March, 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
03/01 Beef Burgundy over Egg Noodles Green Beans Carrots* W/G Roll Fresh Orange +	03/02 Chicken Cordon Blue over Brown Rice California Blend Veggie Corn W/G Roll & Tropical Fruit Cup+*	03/03 White Turkey & Gravy Sweet Potato * Scandinavian Blend + Bread Sticks Fresh Kiwi+ x2	03/04 Baked Fish w/Hollandaise Sauce Brown Rice Lima Beans Corn & Fresh Orange+	03/05 BBQ Chicken Mashed Potato + Spinach* W/G Roll Fresh Banana+
03/08 Beef Stew ** Hash Browns Carrots* Bread Sticks Fresh Tangerine+	03/09 Macaroni & Cheese Corn Creamed Spinach* W/G Roll Fresh Orange+	03/10 Glazed Fish over Brown Rice ♥ Green Beans Corn W/G Roll Fresh Kiwi x2	03/11 Pork Patty w/Country Gravy Mashed Potatoes Collard Greens Bread Sticks Fresh Apple+	03/12 Mushroom Chicken over Brown Rice Winter Blend Veggies (2-1/2c svg) W/G Roll Tropical Fruit Cup+
03/14 Flag Day Meatballs & Gravy over Brown Rice Carrots * Succotash Bread Sticks Fresh Kiwi x2+	03/15 Teriyaki Chicken over Brown Rice Green Peas+ Creamed Corn Whole Grain Roll 2oz Tropical Fruit+	03/16 Chile over Brown Rice Green Peas Corn & Carrots* Corn Bread Fresh Banana +	03/17 St. Patrick's Day Macaroni & Cheese Corn Creamed Spinach* W/G Roll Fresh Orange+	03/18 Breaded Fish Patty Hash Brown Potatoes Mixed Veggies** W/G Roll Applesauce +
03/22 Roast Beef w/Gravy Mashed Potatoes+ Green Peas W/G Roll 2oz Pink Grapefruit +	03/23 Glazed Fish over Brown Rice ♥ Green Beans Corn W/W Roll Fresh Kiwi x2	03/24 Baked Chicken over Brown Rice Mashed Potatoes+ Broccoli W/W Roll Tropical Fruit**+	03/25 Tuna Casserole Green Peas Creamed Corn Crackers Apricots**+	03/26 Meatloaf & Gravy Mashed Potatoes+ California Blend Veggie W/G Roll Pineapple Tidbits+
03/28 Mushroom Chicken over Brown Rice Winter Blend Veggies (2-1/2c svg) W/W Roll Tropical Fruit Cup+	03/29 Veal Parmesan Green Beans Carrots* Whole Grain Roll Mandarin Oranges+	03/30 Turkey & Gravy Mashed Potato+ Spinach W/G Roll Apricots *		

+ = 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.