


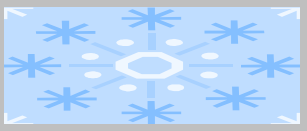
Meals must be eaten on day of delivery!

****Should you need to reheat the meals please follow these directions:**

Microwave: 2-3 minutes

Oven 350* place meal on cookie sheet and reheat no longer than 10 minutes

Protein 3 oz.
Vegetables 1/2 cup...Starch 1/2 cup
All Fruit - 6 oz. Serving
100% Whole Wheat Bread, Real Butter and low-fat milk served daily.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| Salisbury Steak w/ Low Sodium Gravy Baked Potato Steamed Spinach Mixed Melon 3 | Fish Florentine Brown Rice Buttered Peas Apricots 4 | Beef Stroganoff over Noodles <i>Made with Low Sodium Gravy</i> Honey Glazed Carrots Sliced Apples Whole Wheat Dinner Roll 5 | Baked Ham w/ Spiced Apples Sweet Potatoes Braised Red Cabbage Raspberry Crunch 6 | American Beef Goulash Mixed Green Salad Steamed Broccoli Fresh Fruit Garlic Dinner Roll 7 |
| Sloppy Joe Oven Browned Potatoes Fiesta Blend Vegetables Fresh Fruit Whole Wheat Sandwich Roll 10 | Macaroni & Cheese Baby Carrots Brussel Sprouts Tropical Fruit 11 | Chicken & Low Sodium Gravy Peas & Carrots Oatmeal Cookie Fresh Baked Biscuit 12 | Roast Pork Loin w/Low Sodium Gravy Baked Potato Winter Squash Fresh Fruit 13 | Baked Ziti Mixed Green Salad Italian Green Beans Fresh Banana Garlic Dinner Roll 14 |
| Country Steak w/ Low Sodium Gravy Mashed Potato Collard Greens Fresh Orange 17 | Chicken Cacciatore Penne Pasta Steamed Broccoli Pineapple & Cherry Garlic Dinner Roll 18 | Homemade Beef Stew made with Low Sodium Gravy Baby Carrots Blonde Brownie Whole Wheat Dinner Roll 19 | Pork Chop Supreme Fresh Sweet Potato Fiesta Blend Vegetables Applesauce 20 | Roast Beef w/ Low Sodium Gravy Mashed Potatoes Green Bean Casserole Cherry Cheesecake Homemade Dinner Roll 21 |
| MERRY CHRISTMAS Program Closed No Meals Today 24 | | BBQ Pork Sandwich Sweet Potato Fries Cauliflower Peaches & Cream Whole Wheat Sandwich Roll 26 | Three Cheese Quiche Chopped Spinach Harvard Beets Mixed Berries 27 | Stuffed Pepper Mixed Green Salad Sliced Carrots Fresh Fruit Whole Wheat Dinner Roll 28 |
|  Program Closed No Meals Today 31 | | | |  |

Suggested Contribution is \$3.00 per meal. Visitors and Guest at the Meal Sites \$5.00 The Nutrition Program is funded by participants' contributions, as well as the Washington County Board of Supervisors through the Federal Older Americans Act and State Funds through the NYS Office for the Aging.

FOR THE SAFETY OF OUR DRIVERS
PLEASE RESTRAIN YOUR DOG !

Cambridge Site 677-8592
Hudson Falls Site 747-9352
Whitehall Site 499-2482



Eating healthy through the holidays can prevent a 1-2 pound weight gain from Thanksgiving to Christmas, WOW!

Wait, 1-2 pounds does not seem like a lot does it?

So why worry about it?

Well, research shows that most people never lose that 1-2 pounds they put on over the Holidays, which means it accumulates year after year. So, in 5 years it is 10 extra pounds and in 10 years it could be as much as 20 extra pounds!!! Now I've got your attention, right? Obesity does not happen overnight!

I personally refuse to believe holiday cooking can NOT be healthy but also do not forget about **PORTION CONTROL** when it comes to those favorites you are just not willing to give up.

Below you will find some tips I use when preparing holiday meals and treats for my own family.

I hope you find these tips helpful.

- 1-Roasted sweet potatoes instead of the ooey gooey candied yams with marshmallows, it is a side dish after all, not a dessert
- 2-Skip the dark meat, Roast turkey breasts instead
- 3-Skip white flour rolls, go for the whole wheat options
- 4-Skip the egg nog, drink cold or hot cider
- 5-Choose pumpkin pie over its heavier competitor pecan pie
- 6-Wine spritzer for wine, substitute 2 ounces of wine for club soda and you can still enjoy an adult beverage with fewer calories

I use the following substitutions in my recipes for the Holidays:

- 1-coconut milk instead of heavy cream cup for cup in soups, stews and bisques
- 2-vanilla extract for white sugar in pies, crisps, cobblers, 2 tablespoons for every cup of sugar
- 3-mashed banana, avocado, OR unsweetened applesauce for oil cup for cup in bread, muffins, even boxed mix like brownies and cakes
- 4- low fat Greek yogurt or low fat sour cream for full fat sour cream in dips, cup for cup
- 5-With flour you can substitute whole wheat flour for half the called for all purpose flour
- 6-When a recipe calls for season salt such as garlic salt, celery salt, onion salt, use herb only seasoning like garlic powder, celery seed and onion flakes
- 7-When a recipe calls for eggs, egg whites or cholesterol free egg substitute can be used, 2 egg whites or 1/4 cup of egg substitute can replace one whole egg in recipes

If you have enjoyed these recommendations and would like to learn more I will be in the Washington County area this December! Cambridge meal site on the 5th and Hudson Falls meal site on the 6th, around 1130AM!! Come join me for a discussion on Healthy Holiday Eating and a cookie taste test, do you think you can spot the "healthier" cookie! Hope to see you there. I can also be reached for nutritional counseling at the Washington County Office for the aging and Disabilities Resource Center, give me a call!

Kristin Stewart RDN, CDN

SOURCES:

[Http://www.mayoclinic.org/health/healthy-recipes/ingredients/substitutions](http://www.mayoclinic.org/health/healthy-recipes/ingredients/substitutions)

[Http://www.mypyramid.gov/holiday-healthy-cooking.html](http://www.mypyramid.gov/holiday-healthy-cooking.html)