

*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
<p><i>New Year's Eve Program Closed No Meals Today</i></p> 	<p><i>New Year's Day Program Closed No Meals Today</i></p>	<p>Shepherd's Pie <i>made with low sodium gravy</i> Mashed Potatoes &amp; Corn Chopped Spinach Tropical Fruit</p> <p style="text-align: right;">1</p>	<p>French Toast Casserole w/ Strawberries Breakfast Links Home Fries Fruit &amp; Yogurt</p> <p style="text-align: right;">2</p>	<p>Turkey Meatloaf <i>made with low sodium gravy</i> Baked Potato Au Gratin Potatoes Stamed Aspatagus Tropical Fruit</p> <p style="text-align: right;">3</p>
<p>Low Sodium Hot Dog w/ Meat Sauce Buttered Corn California Blend Vegetables Fresh Fruit Whole Wheat Bun</p> <p style="text-align: right;">7</p>	<p>Liver &amp; Onions <i>made with low sodium gravy</i> Mashed Sweet Potatoes Green Beans Fruit Cocktail</p> <p style="text-align: right;">8</p>	<p>Tuscan Chicken Penne Pasta Italian Blend Vegetables Fresh Fruit Whole Wheat Dinner Roll</p> <p style="text-align: right;">9</p>	<p>Chili Con Carne Brown Rice Mexican Corn Pineapple Chunks</p> <p style="text-align: right;">10</p>	<p>Turkey with low sodium gravy Mashed Potatoes Butternut Squash Sugar Fee Chery Pie</p> <p style="text-align: right;">11</p>
<p>Salisbury Steak w/ Low Sodium Gravy Baked Potato Steamed Spinach Mixed Melon</p> <p style="text-align: right;">14</p>	<p>Fish Florentine Brown Rice Buttered Peas Apricots</p> <p style="text-align: right;">15</p>	<p>Beef Stroganoff over Noodles <i>Made with Low Sodium Gravy</i> Honey Glazed Carrots Sliced Apples Whole Wheat Dinner Roll</p> <p style="text-align: right;">16</p>	<p>Baked Ham w/ Spiced Apples Sweet Potatoes Braised Red Cabbage Raspberry Crunch</p> <p style="text-align: right;">17</p>	<p>American Beef Goulash Mixed Green Salad Steamed Broccoli Fresh Fruit Garlic Dinner Roll</p> <p style="text-align: right;">18</p>
 <p><b>Program Closed</b></p> <p style="text-align: right;">21</p>	<p>Chicken &amp; Low Sodium Gravy Peas &amp; Carrots Oatmeal Cookie Fresh Baked Biscuit</p> <p style="text-align: right;">22</p>	<p>Macaroni &amp; Cheese Baby Carrots Brussel Sprouts Tropical Fruit</p> <p style="text-align: right;">23</p>	<p>Baked Ziti Mixed Green Salad Italian Green Beans Fresh Banana Garlic Dinner Roll</p> <p style="text-align: right;">24</p>	<p>Roast Pork Loin w/Low Sodium Gravy Baked Potato Winter Squash Fresh Fruit</p> <p style="text-align: right;">25</p>
<p>Country Steak w/ Low Sodium Gravy Mashed Potato Collard Greens Fresh Orange</p> <p style="text-align: right;">28</p>	<p>Chicken Cacciatore Penne Pasta Steamed Broccoli Pineapple &amp; Cherry Garlic Dinner Roll</p> <p style="text-align: right;">29</p>	<p>Homemade Beef Stew <i>made with Low Sodium Gravy</i> Steamed Peas Birthday Cake <b>**Happy Birthday**</b></p> <p style="text-align: right;">30</p>	<p>Pork Chop Supreme Fresh Sweet Potato Fiesta Blend Vegetables Applesauce Whole Wheat Dinner Roll</p> <p style="text-align: right;">31</p>	

Suggested donation 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



## **FROM REGISTERED DIETICIAN KRISTIN STEWART**

Are you thinking of starting a “diet” because it is a new year and you want to start the year off right with a NEW YOU?

What about one of those popular fad diets everyone raves about working so quickly?! There are so many to choose from, some examples are Atkins, Keto, Paleo, Raw food....

Well, I am here to tell you to be careful when starting a fad diet. The definition of a fad diet according to Wikipedia is a diet or diet cult that promises weight loss or other health advantages, such as longer life, and usually relies on pseudoscience rather than science to make any of its claims. In many cases the diet is characterized by highly restrictive or unusual food choices.

There are risks involved to seniors thinking about starting a fad diet and those include, but are not limited to, rapid weight loss, which can cause malnutrition. Research shows that slow, steady weight loss that is achieved through a healthy, balanced diet and exercise is more likely to last than dramatic weight changes. These diets come with limitations, often eliminating entire food groups, such as carbohydrates. This will eliminate critical nutrients resulting in what I mentioned above, malnutrition, which in and of itself may cause a host of other issues especially for the aging population. The last significant drawback I feel I should mention about fad diets is the monotony of it all. Diets that only allow you to consume certain foods, and sometimes large quantities of certain foods can be so incredibly boring. I am talking to you CABBAGE SOUP DIET.....hello tummy ache!!! So ditch them!!!

I know many of you know me, I am your Registered Dietitian-Nutritionist Kristin Stewart, who travels around the county and hassles you about eating your fruits and vegetables!!! That is right, I can feel your eye rolls....but in all seriousness I can offer you help this year if your goal is to make some healthier choices! If you would like to achieve a healthy weight, learn how to maintain it, build muscle and lose fat, we can navigate through the misinformation and work together to achieve your goals. I can assist you with a plan tailored to you, because there is no person just like you and therefore there are no diet, lifestyle changes exactly the same.

We all have our own set of needs!

So I invite you to join me at the Whitehall meal site this January, date to be announced, to discuss this topic. As you may already know, I am always available for nutrition counseling, just give the office a call! I hope to hear from you soon.

**Oh, and HAPPY NEW YEAR!!!! See you in 2019!!**

Sources: <http://www.wikipedia>. Accessed on 12/10/18

<http://www.eatright.org>. Accessed on 12/15/18