


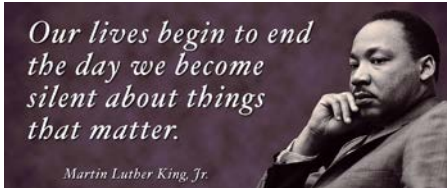


MONDAY <small>sodium</small>	TUESDAY <small>sodium</small>	WEDNESDAY <small>sodium</small>	THURSDAY <small>sodium</small>	FRIDAY <small>sodium</small>
	<b>Missed Meal Policy</b> If you miss your meal, we will call you, your emergency contacts, doctor, and hospital to find out if you are okay. If we still cannot locate you, we will request the police department to come to your home to do a safety check.	<b>Meal Cancellations</b> To check if meal delivery is cancelled due to bad weather, call SCES weather line at (617) 628-2614, extension 6789.		<b>1 Happy New Year!</b> 
4 * Turkey & Provolone on Oat Bread Carrot Raisin Salad English Pea Salad Fresh Fruit <b>Calories: 868 High Sodium: 1258mg</b>	5 Egg Salad on Wheat Bread Balsamic Pasta Salad Cucumber Feta Salad Pineapple <b>Calories: 736 Sodium: 671mg</b>	6 Chicken Salad on Pumpnickel Bread Spinach Mandarin Salad Corn Salad Pears <b>Calories: 917 Sodium: 1135mg</b>	7 *Ham & Swiss on Scali Bread Potato Salad Cole Slaw Diet Fruited Gelatin <b>Calories: 756 Sodium: 1141mg</b>	8 Tuna Salad on Wheat Bread Italian Pasta Salad Squash Red Onion Salad Diet Tapioca Pudding <b>Calories: 805 Sodium: 983mg</b>
11 Egg Salad on Oat Bread German Potato Salad Carrot Raisin Salad Fresh Fruit <b>Calories: 781 Sodium: 690mg</b>	12 Curry Chicken Salad On Oat Bread English Pea Salad Cucumber Feta Salad Cookies <b>Calories: 762 Sodium: 816mg</b>	13 Roast Beef & Swiss On Multigrain Bread Spinach Mandarin Salad Italian Pasta Salad Diet Chocolate Pudding <b>Calories: 843 Sodium: 1162mg</b>	14 *Turkey, Cranberry, Provolone Spinach on Hamburger Roll Macaroni Salad Beet Salad Mandarin Oranges <b>Cals: 871 Sodium: 1140mg</b>	15 *Ham & Swiss On Italian Bread Potato Salad Tomato Zucchini Salad Peaches <b>Calories: 650 Sodium: 1156mg</b>
18 Martin Luther King Jr Holiday No Meals Delivered  <small>Martin Luther King Jr.</small>	19 Chicken Salad on Wheat Bread German Potato Salad Chickpea Cucumber Tomato Salad Applesauce <b>Calories: 692 Sodium: 652mg</b>	20 Turkey & Swiss On Multigrain Bread Orzo Veg Salad Cole Slaw Diet Pistachio Pudding <b>Calories: 762 Sodium: 1079mg</b>	21 *Italian Tuna Salad On Scali Bread Macaroni Salad Cucumber Carrot Salad Vanilla Wafers <b>Cals: 839 High Sodium: 1215mg</b>	22 *Grilled Chicken Breast Over Garden Salad Pasta Salad Dinner Roll Tropical Fruit <b>Calories: 791 Sodium: 1007mg</b>
25 Egg Salad On Multigrain Bread Cucumber Feta Salad Garden Shell Pasta Salad Angel Food Cake <b>Calories: 777 Sodium: 859mg</b>	26 Roast Beef & Cheese On Rye Bread Potato Salad Carrot Raisin Salad Fresh Fruit <b>Calories: 852 Sodium: 1054mg</b>	27 Turkey, Hummus, Lettuce & Tomato on Pita Bread Macaroni Salad Broccoli Slaw Peaches <b>Calories: 805 Sodium: 1200mg</b>	28 Tuna Salad on Multigrain Bread Root Veg Salad Balsamic Pasta Salad Diet Vanilla Pudding <b>Calories: 641 Sodium: 909mg</b>	29 California Chicken Salad On Wheat Bread Beet Salad German Potato Salad Mandarin Oranges <b>Calories: 690 Sodium: 673mg</b>

Please call Nutrition Dept. to cancel meals by noon the day before to help prevent food waste and cost, at 617-628-2601.

Menu subject to change without notice.

# Nutrition Tips for Healthy Living! January 2021

## Heart Healthy Tips to Ring in the New Year!

### Instructions for Reheating Regular Home Delivered Meals

Hot meals will now be arriving chilled, and Cold Supper Sandwich meals will be returning. We hope this will help improve overall taste, texture, quality, and delivery. Please see re-heating instructions below for chilled meals. If meals are to be eaten later in day, please refrigerate them upon delivery until ready to eat.

### **Heating Instructions for hot meals:**

- Refrigerate or reheat to eat immediately.
- **Do NOT use toaster oven to reheat home delivered meals**
- Reheat in Conventional Oven – Set oven at 350F. Place meal on cookie sheet, bake for 15-20 minutes maximum.
- Reheat in Microwave - Peel back plastic film to vent steam, reheat for 2 to 3 minutes. Stir for even cooking. Microwave oven times will vary. Reheat meals until reaches internal temperature of 165F.

### Nutrition Guidelines for Menu:

Meals are planned to provide 1/3 the recommended dietary allowance

- ✓ Regular, no added salt diet
- ✓ Calories range 700-800 calories per meal.
- ✓ Total fat content no more than 30%/Cals.
- ✓ Total Calories and Sodium for each meal is provided on menu.
- ✓ Meals are “No Added Salt” regular menus.
- ✓ Meals do not exceed 1200mg sodium per meal, unless noted.
- ✓ Entrée over 500mg sodium marked with asterisk (\*), high sodium meals marked.
- ✓ Sodium totals include milk, crackers, and condiments where applicable.

For more nutrition information on the menus visit [www.eldercare.org](http://www.eldercare.org)

### Purchase Ensure® Nutrition Drinks from SCES

Ensure® \$29.00/case of 24 drinks

Ensure® Plus \$31.00/case of 24 drinks

Glucerna Diabetic \$40.00/case of 24

Flavors: Strawberry, Vanilla, Chocolate

Home delivery options available.

Call Age Info Dept at 617-628-2601

## Heart Healthy Tips to Ring in the New Year!

1. **Maintain or aim for a healthier body weight.** As the body matures, it experiences natural changes that can lead to excess weight gain, such as less muscle mass, slower metabolism, decrease in physical activity, increased intake of easy to prepare convenience foods. Excess weight may lead to increased risk of heart disease, Type 2 diabetes, and high blood pressure. Even a small amount of weight loss if someone is overweight can have many positive health benefits.
2. **Keep portion sizes in mind,** sometimes just cutting portions of foods by a little can add up to big savings in calories. Try not to overload your plate with large portions, use smaller plate, fill half your plate with fruit and vegetable, a quarter starch, and a quarter protein like poultry, fish, or lean beef.
3. **Choose less visibly fatty types of meat,** these can be high in unhealthy fats called saturated fats. Instead try to include more healthier types of fats such as from fish like salmon, nuts, avocado, olive oils, nut butters like peanut or almond butter.
4. **Aim to include five servings a day of colorful fruits and vegetables.** This could be 2 pieces of fruit and 3 servings of vegetables, or however you prefer. They are rich in fiber, vitamins, minerals, and antioxidants that help protect the body’s cells from damage. Options are fresh, frozen, or canned, just look for low sodium or juice packed versions of canned produce.
5. **Fiber rich foods** have been shown to help lower cholesterol. Fiber comes from “whole” grain breads, pasta, brown rice, and cereals, as well as fruits and vegetables, include edible washed skins if possible, nuts, and beans.
6. **Start gradual when setting new health goals for yourself.** It is easy to get overwhelmed trying to make too many changes for yourself at one time. Choose one or two goals at a time and they will be more achievable and long lasting towards healthy lifestyle.

