November 2021
Somerville Council on Aging Cold Plate Grab n' Go Menu
SCES 617-628-2601, www.eldercare.org

	Ralph & Jenny TUESDAY			Holland St THURSDAY	
Tuesdays: Meals are available for pick up at Ralph and Jenny Senior Center, 9 New Washington St, Somerville 11:30am. **Meals Nov. 9 at Holland St also	2 Egg Salad 130mg On Multigrain Bread 270 Balsamic Pasta Salad 14 Carrot Raisin Salad 137 Tropical Mix Fruit 10 *Calories: 929 Sodium: 658mg*		*Happy Thanksgiving*	4 *Chef Salad w/Tuna 518mg Macaroni Salad 138 Pita Pocket 161 Mandarin Oranges 7 *Calories: 762 Sodium: 960mg*	**Thursdays:** Meals are available for pick up at Holland Street Senior Center, 167 Holland St, Somerville 11:30am **Meals Nov. 12 at Holland St
	9 **CA Chicken Salad 70mg On Wheat Bread 130 Cole Slaw 45 Three Bean Salad 34 Vanilla Wafers 98 *Calories: 818 Sodium: 483mg*		**Call the SCOA by 11:00AM the business day before to sign up for a meal to go at 617-625-6600**	11 **Veteran's Day** **No Meals Served** THANK YOU VETERANS	**12 Tuna Salad 241mg On Multigrain Bread 270 Riviera Salad 92 Macaroni Salad 138 Diet Vanilla Pudding 142 *Calories: 853 Sodium: 990mg*
	16 Turkey & Swiss on 470mg Wheat Bread 130 English Pea Salad 156 Beet Salad 143 Diet Chocolate Pudding 142 *Calories: 817 Sodium: 1152mg*			18 Vegetarian Chef Salad 555mg Macaroni Salad 138 Muffin 240 Mandarin Oranges 7 *Calories: 864 Sodium: 1077mg*	
	23 No Meals Served			**25 Thanksgiving Day Holiday No Meals Served**	
Donations are appreciated. Suggested, voluntary contribution $3.00 per meal.	30 Roast Beef & Swiss 268mg On Wheat Bread 130 Quinoa Salad 140 Carrot Raisin Salad 137 Fresh Fruit 0 *Calories: 938 Sodium: 786mg*		**Please keep meals refrigerator until ready to eat. Do not leave out in room temperature for more than 2 hours. Consume or discard refrigerated meal within 48 hours.**		**Menu subject to change without notice. See back for more nutrition information.**

Please call to cancel meals by 11:00 am the day before to help prevent food waste and cost, at 617-625-6600.
Meal Cancellations: To check if meal delivery is cancelled due to bad weather, call SCES weather line at (617) 628-2614, extension 6789

Nutrition Tips for Healthy Living! November 2021 Malnutrition Awareness in Older Adults

SCOA Grab and Go Lunch Pick-up Locations

To reserve a meal to go, please call SCOA at 617-625-6600 by 11AM the day before.

Tuesdays

Ralph and Jenny Senior Center, 9 New Washington St, Somerville, 11:30am

Thursdays

Holland St Senior Center, 167 Holland St, Somerville, 11:30am

Nutrition Guidelines for Menu:

Meals provide 1/3 the daily recommended dietary allowance.

- ✓ Regular, no added salt (NAS) menu.
- ✓ 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 menu options and nutrition information visit www.eldercare.org

Purchase Ensure® nutrition drink 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
Call Age Info Dept at 617-628-2601
Delivery options available

MALNUTRITION IS CHARACTERIZED BY DEFICIENCIES, EXCESSES, OR IMBALANCES IN A PERSON'S INTAKE OF NUTRIENTS.

3.7 million OLDER AMERICANS are suffering from malnutrition.

50% of older adults are at risk for malnutrition, and **that number is on the rise.**

SIGNS AND SYMPTOMS of malnutrition:

- Unintentional weight loss
- Fatigue
- Depression
- Decreased appetite
- Muscle weakness
- Increased illness and infection

RISK FACTORS of malnutrition include:[1]

- Social isolation
- Living alone
- Multiple medications
- Oral and dental problems
- Misleading health information
- Food insecurity

By 2035, more than **30%** of the population in almost every town in Massachusetts will be over the age of 60, and at risk of malnutrition.[2]

In 2016, malnutrition cost **$322 million** in additional healthcare spending in Massachusetts.

#BeaNutritionNeighbor