


Somerville Council on Aging Cold Plate Grab n' Go Menu

SCES 617-628-2601, www.eldercare.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Ralph & Jenny Dates: Meals are available for pick up: December 7, 8, 14, 17, and 21st, at Ralph and Jenny Senior Center, 9 New Washington St, Somerville 11:30am.</p>	<p>Holland St Dates: Meals are available for pick up: December 2, 9, 16, 21 and 22, at Holland Street Senior Center, 167 Holland St, Somerville 11:30am.</p>		<p>2 California Chicken 70mg Salad on Oat Bread 230 Root Veg Salad 86 Balsamic Pasta Salad 14</p> <p><i>Calories: 817 Sodium: 515mg</i></p>	<p>3</p>
<p>Call the SCOA by 11:00AM the business day before to sign up for a meal to go at 617-625-6600</p>	<p>7 Egg Salad 130mg On Wheat Bread 130 English Pea Salad 156 Tomato Zucchini Salad 60 Peaches 8</p> <p><i>Calories: 721 Sodium: 592mg</i></p>	<p>8 Roast Beef & Swiss 268mg On Oat Top Bread 230 Spinach Mandarin Salad 206 Italian Pasta Salad 138 Fresh Fruit 0</p> <p><i>Calories: 966 Sodium: 953mg</i></p>	<p>9 *Chef Salad with 518mg Tuna Salad Balsamic Pasta Salad 14 Muffin 170 Mandarin Oranges 7</p> <p><i>Calories: 786 Sodium: 816mg</i></p>	<p>10</p>
<p>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.</p>	<p>14 Turkey & Swiss 470mg On Multigrain Bread 270 Corn Salad 186 Carrot Pineapple Salad 97 Fresh Fruit 0</p> <p><i>Calories: 947 Sodium: 1135mg</i></p>	<p>15</p>	<p>16 Garden Salad with 437 Grilled Chicken Sweet Potato Salad 60 Pita Pocket 161 Vanilla Wafers 117</p> <p><i>Calories: 703 Sodium: 912mg</i></p>	<p>17 Tuna Salad 241mg On Multigrain Bread 270 Spinach Mandarin Salad 206 Balsamic Pasta Salad 14 Diet Chocolate Pudding 142</p> <p><i>Calories: 746 Sodium: 981mg</i></p>
<p>Donations are appreciated. Suggested, voluntary contribution \$3.00 per meal</p>	<p>21 California Chicken 70mg Salad on Wheat 130 Orzo Veg Salad 13 Tomato Broccoli Salad 64 Diet Pistachio Pudding 142</p> <p><i>Calories: 801 Sodium: 526mg</i></p>	<p>22 Tuna Salad 241mg On Oat Top Bread 230 Beet Salad 143 English Pea Salad 156 Cookies 56</p> <p><i>Calories: 721 Sodium: 934mg</i></p>	<p>23</p>	<p>24</p> <p>Happy Holidays!</p>
<p>Menu subject to change without notice. See back for more nutrition information.</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p> <p>HAPPY NEW YEAR</p>

Meal Cancellations Notices:

Please cancel a meal reservation by 11:00 am the day before to help prevent food waste and cost, call 617-349-6047.

To find out if meals are cancelled due to bad weather, call SCES weather line at (617) 628-2614, extension 6789 to hear a message.



Nutrition Tips for Healthy Living! November 2021

10 Tips for Healthy Eating on a Budget

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 (plus Dec. 8 & 17)

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

Thursdays (plus Dec. 21 & 22)

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

10 Tips for Healthy Eating on a Budget

First step to eating healthy on a budget, is deciding your food budget; how much you have to spend each month. There are many food options that offer nutritious choices while working within your food budget. Here are 10 tips to consider:



1. Ask your local store about senior discounts or coupons available. Use coupons for items you would buy and use normally. Compare prices, some items might cost less than coupon items.
2. Plan meals on featured items on sale, stock up on extra canned or shelf stable items when on sale; always check "use by dates" first.
3. Purchase "store" brand versions of items, they usually cost less.
4. Focus on nutritious low-cost foods, such as beans, lentils, peas, sweet and white potatoes, eggs, peanut butter, canned salmon or tuna, grains such as rice, oats, barley, pasta; include frozen or canned fruits and vegetables.
5. Look and compare Unit Prices on the shelf label, this is a helpful tool to compare prices of items per ounce or pound to see which is the better deal for the amount in package.
6. Buy in bulk, such as a large package of chicken breast, then separate them into individual portions when you get home. Store them in freezer bags, label and date, and place in freezer for when needed.
7. Focus on lower cost fruits and vegetables, such as: bananas, oranges, apples, cantaloupe, frozen berries; sweet potatoes, carrots, leafy greens, peppers, onions, broccoli. Keep in mind convenience pre cut/sliced produce may cost more.
8. Buy fresh produce in small amounts, enough for the week, to prevent food waste and money. This will help them to be used before they go bad.
9. Resist tempting items at the check out, or going food shopping when you are hungry. This will help reduce buying things impulsively that you would not normally buy such as candy, treats, sugary beverages, novelty items.
10. Consider monthly food delivery programs, such as CSFP. For more information on these, call SCES Age Info Department at 617-628-2601.

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