

JOSEPHINE & JACKSON COUNTY SENIOR NUTRITION SERVICES • DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WESTERN GOULASH Green Peas Carrots Seven Grain Bread Hermit Bar align="right">3	MEATLOAF w/CREOLE SAUCE Sr Crm/Chive Potatoes Green Beans Sunflower Seed Roll Birthday Cake align="right">4	ROAST BEEF w/GRAVY Roasted Red Potatoes Scandinavian Blend Vegt Onion Bread Zucchini Brownie align="right">5	WAIKIKI CHICKEN Rice Pilaf Broccoli Beet & Mandarin Salad Almond Cookie align="right">6	BEEF PATTY w/ ONIONS & PEPPERS Parslied Potatoes Mixed Vegetables Rye Bread Cookies & Cream Fluff7
TURKEY DIVAN w/DIVAN SAUCE Mashed Potatoes Lemon & Thyme Carrots Cornmeal Roll Fresh Fruit align="right">10	BEEF STEW Steamed Spinach Chuckwagon Corn Whole Wheat Roll Apple Crisp align="right">11	MACARONI & CHEESE Escalloped Tomatoes Broccoli Herb Roll Grace's Chocolate Bar align="right">12	SPAGHETTI w/MEAT SAUCE Cauliflower & Carrots Zucchini w/Red Peppers Garlic Bread Birthday Cake align="right">13	CHICKEN MARSALA Broccoli Roasted Red Potatoes Potato Wheat Bread Mixed Fruit align="right">14
BBQ PORK RIBBLETT on a Bun Potato Wedges Carrots Chocolate Pudding align="right">17	BREADED FISH/DILL SC Parslied Potatoes Country Cottage Blend Vegetables Cracked Wheat Bread Fresh Fruit align="right">18	MEATLOAF w/GRAVY Oven Roasted Potatoes Mixed Vegetables Oat Wheat Roll Joy's Applesauce Cookie align="right">19	SLICED HAM w/RAISIN SAUCE Sweet Potato Cuts Capri Blend Vegetables Whole Wheat Roll Cranberry Crunch Bar20	SLC RST TURKEY w/GVY Whipped Potatoes w/Gvy Green Peas & Onions Bread Dressing Pumpkin Bar Cranberry Sauce align="right">21
 CLOSED FOR HOLIDAY, DEC. 24-25 align="right">24		GERMAN MEATBALLS Rotini Pasta Brussels Sprouts Herbed Carrots Almond Cookie align="right">26	SWEET & SOUR CHICKEN w/RICE Green Beans Carrot Pineapple Salad Carnival Cookie align="right">27	BEEF MACARONI w/TOMATO SAUCE Mixed Vegetables Steamed Spinach Multigrain Bread Blushing Pears align="right">28
ORANGE GLAZED CHICKEN Wild Rice Blend Green Beans Herbed Carrots Vanilla Pudding align="right">31		A suggested minimum donation is requested from seniors 60 and older. Non-seniors must pay the full cost of the meal. 1% milk served with all meals.		ALLERGEN ALERT: A variety of foods are prepared in the kitchen; thus, meals may be prepared with ingredients and equipment may come in contact with ingredients to which you may have an allergic reaction, such as nuts.



for a healthy lifestyle

December 2018

SENIOR NUTRITION SERVICES

bateman
Community Living

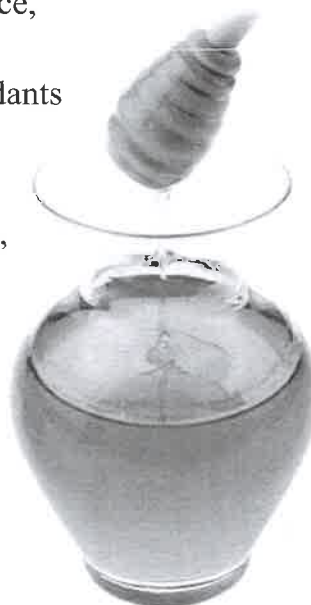
It's OK to 'Bee' Sweet on Honey

Honey has been around since history itself, and is known as nature's sweetener. In Valencia, Spain, there is evidence of honey harvesting on rock paintings, dating back 8,000 years. These paintings depict honey hunters harvesting honey from wild bee colonies. The thick, sweet amber substance we know as honey, is made by bees from the nectar of flowering plants. There are many different honey flavors and colors, which are dependent on the type of flower that the nectar is harvested from.



Honey has more benefits than just its great taste. It's a natural source of carbohydrate that can provide energy to the body. When comparing weight for weight, honey has fewer calories than regular refined sugar. It is a natural sugar made up of 30 percent glucose and 40 percent fructose. The glucose from the honey is quickly absorbed in the body and can give an instant energy boost, whereas the fructose will be absorbed slower, providing continuous energy. This is why honey is known to keep blood sugar levels fairly constant compared to other types of sugars. Athletes are encouraged to use honey as an energy source to boost performance, endurance, and reduce muscle fatigue.

Honey can also help the heart — the antioxidants in honey play a role in preventing cardiovascular disease. When replacing sugar with honey in a diet, studies have shown a slight reduction of blood pressure, lowering of "bad" LDL cholesterol, and also can lead to lower triglyceride levels. Some other benefits of honey that have not been scientifically recognized are its abilities to promote burn and wound healing, helping to suppress coughs or sooth a sore throat and aids in relieving digestive issues.



**Jackson County
dining centers are located in:**

- Ashland**
- Central Point**
- Eagle Point**
- Jacksonville**
- Medford**
- Rogue River**
- Shady Cove**
- Talent**

Home delivered meals are also available in Gold Hill, Phoenix and White City. For More Information, Please call Food & Friends at (541) 734-9505.

**Josephine County
dining centers are located in:**

- Grants Pass**
- Merlin**
- Wolf Creek**
- Wilderville**
- Cave Junction**

Home delivered meals are also available in Williams. For More Information, Please call Food & Friends at (541) 955-8839

*Adapted from <https://www.naturalfoodseries.com>; <https://www.huffingtonpost.com>; <https://www.benefits-of-honey.com>; <https://www.ncbi.nlm.nih.gov>; <https://www.healthline.com>
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