



JOSEPHINE & JACKSON COUNTY SENIOR NUTRITION SERVICES • MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A suggested minimum donation is requested from seniors 60 and older.</p> <p>Non-seniors must pay the full cost of the meal.</p> <p>1% milk served with all meals.</p>	 <p align="center">Daylight Savings Time Begins</p> <p align="center">TURN CLOCKS AHEAD MARCH 10</p>	<p align="center">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.</p>	 <p align="center">ST. PATRICK'S DAY, MARCH 17</p>	<p>BEEF ENCHILADA BAKE Whole Kernel Corn Brussels Sprouts Potato Wheat Roll Snickerdoodle Cookie</p> <p align="right">1</p>
<p>BREADED FISH w/TARTAR SAUCE Roasted Red Potatoes Herbed Carrots Multigrain Bread Chocolate Pudding</p> <p align="right">4</p>	<p>CHICKEN SPANISH RICE CASSEROLE Broccoli Country Trio Blend Vegt Cracked Wheat Bread Oatmeal Raisin Cookies</p> <p align="right">5</p>	<p>MACARONI & CHEESE Escalloped Tomatoes Green Peas Squash Bread Spiced Applesauce</p> <p align="right">6</p>	<p>MEATLOAF w/CREOLE SAUCE Lyonnaisse Potatoes Scandinavian Blend Vegt Wheat Bread Birthday Cake</p> <p align="right">7</p>	<p>BLACK BEAN CHILI Green Peas & Carrots Zucchini w/Red Peppers Cornbread Pineapple Crunch Bar</p> <p align="right">8</p>
<p>SLICED ROASTED TURKEY w/GRAVY Delmonico Potatoes California Blend Vegt Rye Bran Bread Banana Pudding</p> <p align="right">11</p>	<p>SWEDISH MEATBALLS w/STEAMED RICE Scandinavian Blend Vegt Spinach Romaine Salad Grace's Choc Chip Bar</p> <p align="right">12</p>	<p>CHICKEN A LA KING over Biscuit Italian Blend Vegetables Green Peas Mixed Berry Crisp</p> <p align="right">13</p>	<p>ROAST PORK w/GRAVY Creamed Potatoes Capri Blend Vegetables French Bread Spiced Peaches</p> <p align="right">14</p>	<p>ST. PATRICK'S SPECIAL CORNED BEEF Parslied Potatoes Cabbage & Carrots Irish Soda Bread Green Poke Cake</p> <p align="right">15</p>
<p>BEEF PATTY w/MUSHROOM GRAVY Mashed Potatoes Italian Bean Medley Seven Grain Bread Tapioca Pudding</p> <p align="right">18</p>	<p>BAKED RIGATONI Italian Blend Vegetables Garden Vegetable Salad Garlic Roll Frosted Carrot Cake</p> <p align="right">19</p>	<p>MEATLOAF w/GRAVY Parslied Potatoes California Blend Vegt Herb Bread Pineapple Fluff</p> <p align="right">20</p>	<p>SLICED ROAST BEEF w/GRAVY Mashed Potatoes Mixed Vegetables Rye Wheat Roll Chocolate Chip Bar</p> <p align="right">21</p>	<p>HAM & SCALLOPED POTATOES Broccoli Glazed Carrots Rye Bread Grace's Choc Cookie</p> <p align="right">22</p>
<p>BROCCOLI FRITTATA Capri Blend Vegetables Whole Kernel Corn Dinner Roll Mandarin Oranges</p> <p align="right">25</p>	<p>CHICKEN PENNE PASTA Spinach Romaine Salad Scandinavian Blend Vegt Garlic Roll Peanut Butter Cookie</p> <p align="right">26</p>	<p>SWISS STYLE BEEF PATTY w/SWISS STEAK SAUCE Delmonico Potatoes Green Peas Onion Bread Birthday Cake</p> <p align="right">27</p>	<p>GERMAN MEATBALLS w/GERMAN SAUCE Rice Pilaf Broccoli Mixed Vegetables Pear Crisp</p> <p align="right">28</p>	<p>BAKED CHICKEN THIGH w/SCALLOPINI SAUCE Roasted Red Potatoes Italian Blend Vegetables Cracked Wheat Bread Chocolate Pudding</p> <p align="right">29</p>



balanced choices®

for a healthy lifestyle



March 2019

SENIOR NUTRITION SERVICES

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Community Living

Trending: Buy Groceries Online

Modern technology has brought many conveniences to everyday life, including daily meal planning and preparation. Online services now make it easy to shop for groceries from the comfort of home, and in some cases even have it delivered straight to your door.

Types of Online Services Available

There are many companies offering different levels of online grocery services. Local stores and many big-box stores offer the ability to shop online and either pick up in-store or have the order delivered to your home. There are also online-only companies — some operate like a virtual grocery store, while others offer pre-planned meal kits instead of purchasing individual ingredients. To choose the best option, you want to weigh price, convenience, vs. services offered.



What to Keep in Mind When Choosing an Online Service

For those living in remote areas, or if other factors make it difficult to get to a grocery store, online ordering can relieve stress and preserve independence. Some people find it helpful to order from home, where they can reference recipes or compare ingredients to their doctors' orders before buying.

Pros: Buying online can make it easier to stick to a planned grocery list. Without impulse purchases you see in the store sneaking into your cart, you can save money and reduce the amount of “junk” food in your home. Some services also offer subscriptions or auto-reordering, which can save time.

Cons: There are usually extra costs for these services, including delivery fees, minimum order amounts, and/or subscriptions or club membership fees. You may need to be home to receive your delivery, or at least plan ahead so your food doesn't spoil by sitting out too long.

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.washingtonpost.com/lifestyle/wellness/unable-to-get-to-the-grocery-store-heres-what-you-need-to-know-about-online-shopping-and-delivery-services>