

RVCOG Food and Friends | May 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A suggested minimum donation is requested from seniors 60 & older. Non-seniors must pay full cost of the meal. 1% milk served with all meals.	ALLERGEN DISCLAIMER: This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.	1 Birthday Special Meatloaf w/Brown Gravy Lyonnaise Potatoes Winter Vegetable Blend Cracked Wheat Bread Chocolate Cake	2 BBQ Diced Chicken Sandwich Baked Beans San Francisco Vegetable Blend Hamburger Bun Rice Krispie Bar	3 Cinco De Mayo Special <i>New!</i> Carne Asada Pinto Beans Chuckwagon Corn Flour Tortilla <i>New!</i> Tres Leches
6 Spaghetti & Meat Sauce Winter Vegetable Blend Diced Carrots Squash Roll Hermit Bar Milk	7 Breaded Fish Sandwich w/Tartar Sauce Tater Tots Creamy Coleslaw Hamburger Bun Hot Sliced Peaches	8 Homestyle Turkey Patty w/Poultry Gravy Delmonico Potatoes Scandinavian Vegetable Blend Oatmeal Roll Snickerdoodle Bar	9 Egg Salad Sandwich Pickled Beets Kidney Bean Salad Wheat Bread (2 sl) Mandarin Oranges	10 Mother's Day Special Creamed Chicken & Vegetables Red Potatoes Green Beans w/Red Peppers Oatmeal Bread Grace's Chocolate Bar
13 Country Meatballs w/Country Gravy Garlic Whipped Potatoes Green Beans Oat Bran Wheat Roll Golden Fruit Cup	14 Birthday Special Meatloaf w/Brown Gravy Delmonico Potatoes Parslied Carrots Seven Grain Bread Chocolate Oatmeal Bar	15 BBQ Smokehouse Chop Baked Beans Whole Kern Corn Hamburger Bun Seasonal Fresh Fruit	16 Curry Chicken Salad over Spinach Romaine Creamy Cucumber Salad Dinner Roll Peanut Butter Cookie	17 Beef Spanish Rice Chuckwagon Corn Winter Vegetable Blend Rye Bran Roll Pineapple Nut Bar
20 Bavarian Stew Cabbage & Carrots Green Beans w/Red Peppers White Dinner Roll Orange Delight	21 Taco Tuesday Special Beef Taco Lettuce/Tomato/Cheese Black Beans Chuckwagon Corn Flour Tortilla Pineapple Nut Cookie	22 Chicken & Pork Sausage Jambalaya Broccoli Tossed Salad French Roll Lemon Cookie	23 Beef Rigatoni Bake Italian Vegetable Blend Spinach Garlic Bread Cinnamon Applesauce	24 Memorial Day Special Beef Patty w/Campfire Sauce Baked Beans Herbed Carrots Hamburger Bun Zucchini Brownie
27 Closed for Holiday	28 Sloppy Joe Ranch Beans Mixed Vegetable Blend Hamburger Bun Lemon Blondie	29 Kielbasa Sausage Sauerkraut/Mustard Baked Beans Chuckwagon Corn Hot Dog Bun Chocolate Chip Bar	30 Herbed Chicken Patty Poultry Gravy Whipped Potatoes Green Beans French Bread Applesauce Gingerbread	31 <i>New!</i> Turkey Apple Meatballs w/Cider Glaze Roasted Red Potatoes Country Cottage Vegetable Blend Squash Bread Joy's Applesauce Cookie



The Four Steps of Food Safety

According to the USDA, one in every six Americans will get food poisoning this year. Don't be one of them! Simply follow the four steps we've outlined below in order to make your home a safe place to eat.

Step One: Wash

- Bacteria can be hardy, and the last thing you want to do is start with items that are covered in germs. Your hands, tools, and foods should all be clean before you cook.
- Start by washing your hands. Use soap and running water, and make sure to scrub for at least 20 seconds. Don't feel like counting? Just sing "Happy Birthday" to yourself twice – that's about how long it takes to wash your hands well. Don't worry, it doesn't actually have to be your birthday.
- Once your hands are clean, scrub your tools. Follow the USDA's advice and "Wash cutting boards, dishes, utensils, and counter tops with hot, soapy water after preparing each food item and before you go on to the next item." Make sure everything is clean before you begin preparing a meal too.
- Now that your hands, counters, and implements are clean, it's time to wash your food. Scrub any fruits or vegetables thoroughly -- even if your next step is peeling them!

Step Two: Separate

- Cross-contamination is a huge part of many food poisoning cases. Steer clear of it by keeping raw meat, poultry, seafood, and eggs separate from all other foods.
- Begin in the grocery store or market. When you shop, keep these items away from the rest of your purchases, then bag them separately.
- When you arrive home, put these items in their own sealed containers and into the refrigerator right away. This will reduce the risk of them "leaking" onto other foods and contaminating them. If you don't plan on using meat, poultry, or seafood right away, place it directly into the freezer.
- Keep eggs in the main part of the refrigerator, not the door.

- When it is time to prepare your meal, keep the raw eggs, seafood, meat, and poultry away from the ready-to-eat foods. Use one cutting board for the raw foods that can cause contamination, and another for everything else. Use one set of utensils and plates for raw foods and another for cooked items. After you're done with all of these tools, wash them thoroughly.

Step Three: Cook

- According to the USDA, "the bacteria that cause food poisoning multiply quickest in the 'Danger Zone' between 40° and 140° Fahrenheit." It's important to cook your food thoroughly and keep it at the right temperature.
- Use a food thermometer to make sure that your meal has reached the right temperature. To check, place the thermometer in the thickest part of the food, and compare your reading to the USDA's cooking temperature guide, which is available at <http://www.foodsafety.gov/keep/charts/mintemp.html>. Wash your thermometer thoroughly after each use.
- Keep food at or above 140° Fahrenheit.
- If you're using the microwave, make sure the food reaches 165° Fahrenheit. Stir it at least once, halfway through cooking.

Step Four: Chill

- Steer clear of countertops! Defrost or marinate foods in the refrigerator or cold water. This will discourage bacterial growth.
- Once you're done with your meal, get your leftovers into the fridge right away. Food should be chilled within two hours, and only one if it's summertime.
- When in doubt, throw it out! You can't always tell by sight or smell whether harmful bacteria have begun to grow on your leftovers, so use the USDA's safe storage times chart instead. Access it at <http://www.foodsafety.gov/keep/charts/storage-times.html>.

For more information, visit http://www.fsis.usda.gov/Food_Safety_Education/Check_Your_Steps/index.asp

Jackson County

Dining Centers are located in:

Ashland
Central Point
Eagle Point
Jacksonville
Medford
Rogue River

Home delivered meals are also available in Gold Hill, Phoenix, Shady Cove, Talent, and White City.

For more information, please call Food & Friends at (541) 734-9505.

Josephine County

Dining Centers are located in:

Cave Junction
Grants Pass
Merlin
Wolf Creek

Home delivered meals are also available in Wilderville and Williams.

For more information, please call Food & Friends at (541) 955-8839