

RVCOG Food & Friends | May 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatloaf w/Brown Gravy O'Brien Potatoes Sliced Carrots Cornmeal Bread Chocolate Cake	3 Asian Chicken Salad over Spinach Romaine Marinated Zucchini Salad Oat Bran Wheat Roll Lemon Blondie	4 Pasta Primavera Peas & Carrots Spinach Garlic Bread Seasonal Fruit	5 Cinco De Mayo Special Beef Tamale Pie Black Beans Confetti Coleslaw Oat Bran Wheat Roll Almond Cookie	6 Around the World Chicken Coconut Curry Jasmine Rice Herbed Carrots Garden Vegetable Salad Snickerdoodle Bar
9 Herbed Chicken w/Poultry Gravy Oven Roasted Potatoes Green Beans Rye Bran Roll Lime Whip	10 Country Meatballs w/Country Gravy Rice Winter Vegetable Blend Glazed Carrots Golden Fruit Cup	11 Roast Pork w/Pork Gravy Delmonico Potatoes Italian Vegetable Blend Multigrain Roll Hermit Bar	12 Chicken Breast Supreme Whipped Potatoes Club Spinach Seven Grain Bread Tapioca Pudding	13 Beef Spanish Rice Tossed Salad Black Beans Whole Wheat Roll Lemon Cookie
16 Macaroni & Cheese Stewed Tomatoes Spinach Oat Bran Wheat Roll Grace's Chocolate Bar	17 Meatloaf w/Mushroom Gravy Whipped Potatoes Italian Vegetable Blend Multigrain Roll Mandarin Oranges	18 Turkey Divan Bake Scandinavian Vegetable Blend Tossed Salad Rye Bran Roll Peanut Butter Cookie	19 Beef Mushroom Patty Garlic Whipped Potatoes Sliced Carrots Squash Bread Snickerdoodle Bar	20 BBQ Smokehouse Chop (Pork) Lettuce & Onion Tater Tots Baked Beans Hamburger Bun Fresh Orange
23 Mexican Chicken Pasta Bake Whole Kernel Corn Broccoli Multigrain Roll Chocolate Chip Cookie	24 Egg Salad Sandwich Lettuce & Tomato Kidney Bean Salad Apple Cranberry Coleslaw WG Bread 2 slices Key Lime Bar	25 Salisbury Steak w/Brown Gravy Whipped Potatoes Spinach Cracked Wheat Bread Grace's Chocolate Bar	26 Chicken White Bean Chili Chuckwagon Corn Green Beans w/Red Peppers Cornbread Oreo Fluff	27 Memorial Day Special Kielbasa Sausage Baked Beans Carrot Slaw Hot Dog Bun Seasonal Fruit
30 Closed for the Memorial Holiday	31 Baked Ham w/Raisin Sauce Lyonnaise Potatoes Club Spinach Seven Grain Roll Chocolate Pudding	A suggested minimum donation is requested from seniors 60 & older. Non-seniors must pay full cost of the meal.	ALLERGEN DISCLAIMER: Our production kitchen uses the following products in meal preparation: tree nuts, peanuts, soy, eggs, milk, fish, shellfish, wheat, and products containing gluten. We cannot guarantee that all menu items are free of allergens. We use shared equipment and handle common allergens throughout the supply chain.	

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.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
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

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