



RVCOG Food & Friends | February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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.</p>		<p>1 White Bean Chicken Chili Italian Vegetable Blend Apple Cranberry Coleslaw Oat Bran Wheat Roll Hermit Bar</p>	<p>2 Cheese Lasagna Roll Up in Marinara Sauce Winter Vegetable Blend Spinach Seven Grain Roll Chocolate Chip Cookie</p>	<p>3 Around the World Jerk Chicken Rice & Beans Mixed Vegetable Blend Whole Kenel Corn Pineapple Fluff</p>
<p>6 Teriyaki Meatballs w/Sauce Confetti Rice Carrots Spinach Pineapple Tidbits</p>	<p>7 Birthday Special Meatloaf w/Brown Gravy Whipped Potatoes Mixed Vegetable Blend Onion Bread Chocolate Cake</p>	<p>8 Macaroni & Cheese Winter Vegetable Blend Green Beans French Bread Peanut Butter Cookie</p>	<p>9 Italian Sausage Sandwich Hamburger Bun Broccoli Scandinavian Vegetable Blend Lime Whip</p>	<p>10 Chicken Pastina Whole Kernel Corn Peas & Carrots Oat Bran Wheat Roll Chocolate Oatmeal Bar</p>
<p>13 Turkey Tetrazzini Chuckwagon Corn Tossed Salad Wheat Roll Hot Spiced Apples</p>	<p>14 Valentine's Day Special Roast Pork w/Apple Chutney Sauce Garlic Whipped Potatoes California Vegetable Blend French Bread Red Devil Beet Cake</p>	<p>15 BBQ Ribette Patty Baked Beans Winter Vegetable Blend Potato Salad Hamburger Bun Chocolate Chip Bar</p>	<p>16 Turkey Divan Bake Green Beans w/Red Peppers Carrots Seven Grain Roll Snickerdoodle Bar</p>	<p>17 Spaghetti/Meat Sauce Italian Vegetable Blend Spinach Romaine Salad Garlic Roll Pineapple Nut Cookie</p>
<p>20 Closed for the Holiday</p>	<p>21 Around the World Chicken & Sausage Jambalaya Whole Kernel Corn Broccoli Cornbread Bread Pudding</p>	<p>22 Meatloaf w/Brown Gravy Whipped Potatoes Mixed Vegetable Blend Wheat Bread Pears</p>	<p>23 Kettle Beef Lasagna Green Peas Italian Vegetable Blend French Bread Apple Streusel Cake</p>	<p>24 BBQ Smokehouse Chop Red Roasted Potatoes Brussels Sprouts Cracked Wheat Bread Golden Fruit Cup</p>
<p>27 Sweet & Sour Pork Brown Rice Kyoto Vegetable Blend Carrots Lime Whip</p>	<p>28 Chicken Fried Steak w/Country Gravy Lyonnaise Potatoes Italian Vegetable Blend Seven Grain Roll Peaches</p>	<p>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.</p>		

AMERICAN HEART HEALTH MONTH | CHANGE YOUR SALTY WAYS



The Dietary Guidelines for Americans recommends limiting your sodium intake to 2,300 mg per day. Most Americans consume more than 3,400 mg of sodium per day and about 70% of that is found in processed and restaurant foods. While your body needs a small amount of sodium (AKA salt) to function, over consumption of sodium can lead to high blood pressure putting you at risk for heart attack, heart failure and stroke.

Tips to Lower Your Daily Salt Intake

- 1. Read Labels.** Check the nutrition facts label to see how much sodium the product contains.
- 2. Reset Your Salty Taste Bud Baseline.** Commit to one to two weeks of reducing your salt intake and your taste buds for salt will adjust.
- 3. Eat More Vegetables and Fruits.** Fill up on more vegetables and fruits while decreasing the portion of salty foods.
- 4. All Salt is Salt.** Sea salt, Kosher salt and Himalayan salt contain sodium too.
- 5. Shop Smart.** Look for “low sodium”, “reduced sodium” or “no salt added” on the label.
- 6. Spice Up Your Life.** Instead of seasoning with salty other spices, herbs, citrus juice and garlic or make your own low salt seasoning mixes. **Bonus:** Herbs and spices contain antioxidants that support health.

SPICE	BEST USES
Basil	Pesto, salad dressings, salads, soups, pasta, pizza, tomatoes
Cinnamon	Cakes, cookies, pies, custard, sauces, oatmeal, smoothies
Clove	Cakes, cookies, quick breads, fruit pies, sauces
Cumin	Soups, stews, corn, Mexican dishes, hummus
Dill	Cole slaw, salads, chicken dishes, fish, dips, dressings, soups, stews
Garlic	Meats, soups, stews, dips, sauces, breads, potatoes, vegetables, stir-fry
Mint	Chutney, salads, dressings, beverages, melons
Oregano	Mexican dishes, mixed rice, soups, pastas, pizza, tomatoes
Paprika	Chili, soups, stews, vegetables
Parsley	Soups, stocks, cream & tomato sauces, dressings, vegetables
Rosemary	Meats, potatoes, mushrooms, stuffing
Sage	Stuffing, pastas, chicken, pork, sausage



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

