

RVCOG Food and Friends | November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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.</p>		<p>1 Beef Spanish Rice Bake Black Beans Mexican Corn Oat Bran Wheat Roll HS Lemon Pudding</p>	<p>2 Macaroni & Cheese Green Peas w/Onions Parmesan Tomatoes Rye Bran Roll Golden Fruit Cup</p>	<p>3 Around the World Caribbean Chicken (Sancocho) Stew Mixed Vegetable Blend Carrot & Pineapple Salad French Roll Fresh Orange</p>
<p>6 Turkey Pot Pie w/Biscuit Broccoli Whole Kernel Corn Chocolate Chip Bar</p>	<p>7 Sweet & Sour Pork Rice Kyoto Vegetable Blend Asian Coleslaw Lemon Cookie</p>	<p>8 Birthday Special Meatloaf w/Brown Gravy Whipped Potatoes Scandinavian Vegetable Blend Squash Bread Grace's Chocolate Bar</p>	<p>9 Veteran's Day Garlic Chicken w/Poultry Gravy Oven Roasted Potatoes Peas & Carrots White Dinner Roll Chocolate Cake</p>	<p>10 Closed for Holiday</p>
<p>13 Chicken Spaghetti Glazed Carrots San Francisco Vegetable Blend Multigrain Roll Peanut Butter Cookie</p>	<p>14 Turkey Tetrazzini Peas & Carrots Pickled Beets Rye Bran Roll Seasonal Fruit</p>	<p>15 Beef Tamale Pie Ranch Beans Whole Kernel Corn Cornmeal Bread Chocolate Pudding</p>	<p>16 Roast Pork w/Pork Gravy Scalloped Potatoes Italian Vegetable Blend Cracked Wheat Bread Cranberry Crunch Bar</p>	<p>17 Jerk Chicken Green Beans w/Red Peppers Glazed Carrots Oat Bran Wheat Roll Lemon Bar</p>
<p>20 Chicken Mushroom Bake Broccoli Sliced Carrots French Bread Golden Fruit Cup</p>	<p>21 Birthday Special Meatloaf w/Brown Gravy Whipped Potatoes Chef Cut Spring Blend Wheat Roll Oreo Fluff</p>	<p>22 Thanksgiving Special Roasted Turkey w/Poultry Gravy Garlic Whipped Potatoes Peas w/Pearl Onions Bread Dressing Baked Pumpkin Custard</p>	<p>23 Closed for Holiday</p>	<p>24 Closed for Holiday</p>
<p>27 Beef Rigatoni Bake Peas & Carrots Whole Kernel Corn Garlic Bread Tropical Fruit</p>	<p>28 Scalloped Potatoes w/Turkey Italian Vegetable Blend Creamy Cucumber Salad Oat Bran Wheat Roll Hermit Bar</p>	<p>29 Southern Pork Pasta Bake Scandinavian Vegetable Blend Brussels Sprouts Cracked Wheat Bread Snickerdoodle Bar</p>	<p>30 Chicken Fajita Bowl Broccoli & Cauliflower Sliced Carrots Multigrain Roll Mandarin Oranges</p>	<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>



AMERICAN DIABETES MONTH: TAKE CONTROL OF YOUR CARBS

What is Diabetes & PreDiabetes?

Diabetes is a chronic health condition that affects the body's ability to produce or respond to the hormone insulin resulting in elevated levels of glucose in the blood and urine. The three main types of diabetes are type 1, type 2 and gestational diabetes. When diabetes is left uncontrolled, additional health complications may occur like heart, kidney and Alzheimer's disease and nerve, eye and skin damage. *Prediabetes* is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease and stroke.

Nutrition Spotlight: Carbohydrates

Managing the carbohydrates (or carbs) that you eat play an important role in a healthful diet for both people with and without diabetes. While a balanced plate with nutrient-dense foods is the first step for disease prevention or maintenance, taking control of your carb intake is a key factor for managing blood sugar levels. Carbs provide the body with glucose (aka energy), which directly impacts blood sugar levels. There are three main types of carbohydrates:

Starches

Present in plant-based foods such as peas, corn, potatoes, beans, rice and other grain products

Sugars

Occur naturally in foods such as milk and fruit and are added to foods to make them sweet, like table sugar, honey or corn syrup

Fiber

Indigestible part of plant foods that have shown to help with digestive and heart health

The goal to choosing the best carbs is to select the most nutrient-dense versions, meaning they contain more fiber, vitamins and minerals and are low in added sugars, sodium and unhealthy fats. When choosing healthful carbohydrates, you should aim to:

Eat Most Often: *non-starchy vegetables* such as lettuce, tomatoes, broccoli and green beans, *starchy vegetables* (listed above), *whole fruits* and *whole grains* like brown rice, quinoa, oats, and whole grain breads, pasta and crackers; *plain yogurt & fat-free or low-fat milk*

Eat Less Often: *sugary beverages* such as soda, sweetened tea or juices; *refined carbs* like white bread, pasta, tortillas, crackers, rice and cereal; *pastries* like doughnuts, croissants and sweet rolls; *sweets or snack foods* like cake, cookies, candy, chips, ice cream and sweetened yogurt; *sugar-sweetened condiments*

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