



RVCOG FOOD & FRIENDS

DECEMBER



1		3	4	5
BBQ Smokehouse Chop Diced Onions Baked Beans Coleslaw WG Hamburger Bun Hot Cinnamon Applesauce	Chicken Mushroom Bake Sliced Carrots Spinach Onion Bread Lemon Bar	Birthday Special Meatloaf Brown Gravy Whipped Potatoes California Vegetables Rye Bran Roll Chocolate Cake	Spaghetti/Meat Sauce Italian Vegetables Spinach Romaine Garlic Roll Seasonal Fresh Fruit	<i>New!</i> Diced Pineapple Pork w/Salsa Pinto Bean Whole Kernel Corn Flour Tortilla Cinnamon Chocolate Pudding
8	9	10	11	12
Beef Mushroom Patty Delmonico Potatoes Green Beans Oat Bran Wheat Roll Pears	BBQ Chicken Sandwich Ranch Beans Apple Cranberry Coleslaw WG Hamburger Bun Hot Spiced Peaches	Breaded Fish Patty w/ Tartar Sauce Garlic Whipped Potatoes Sliced Carrots Multigrain Roll Joy's Applesauce Cookie	Chili Meatballs w/ Zesty Tomato Sauce Penne Noodles Spinach Peas & Carrots Lime Whip	Chicken & Sausage (pork) Jambalaya Broccoli Fajita Vegetables Cornbread Fresh Orange
15	16	17	18	19
Beef Kettle Lasagna Sliced Carrots Creamy Coleslaw Garlic Bread Hot Pears	Birthday Special Meatloaf w/ Brown Gravy Garlic Whipped Potatoes Green Beans w/Red Peppers Sunflower Seed Bread Frosted Yellow Cake	Roast Pork w/ Ginger Soy Sauce Brown Rice Peas & Carrots Romaine Iceberg Salad Fortune Cookie	Herbed Chicken Patty w/ Creole Sauce Colcannon Potatoes Green Beans Rye Bran Roll Orange Delight	Baked Ham w/ Raisin Sauce Sweet Potato Casserole Italian Vegetables Squash Bread Ambrosia Salad
22	23	24	25	26
✓ Macaroni & Cheese Sliced Carrots Pickled Beets Oat Bran Wheat Roll Seasonal Fruit	Holiday Special Roast Beef w/ Brown Gravy Whipped Potatoes Green Peas w/Pearl Onions Bread Dressing Candy cane Cake	Closed	Closed	Bavarian (Beef and Pork) Stewed Tomatoes Broccoli French Bread Applesauce
29	30	31		
Beef Penne Bake Glazed Carrots Broccoli and Cauliflower Cornbread Snickerdoodle Bar	Taco Tuesday Special Chicken Soft Taco Lettuce & Tomato Shredded Cheese Black Beans Chuckwagon Corn Flour Tortilla Pineapple Nut Cookie	Chicken Breast Supreme Sour Cream & Chive Potatoes San Francisco Vegetables Sunflower Seed Bread Grace's Chocolate Bar	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.	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. ✓ denotes vegetarian option <i>New!</i> denotes new item

FOOD, FEELINGS, & FINDING YOUR CALM



*How Food &
Healthy Habits
Can Make You
Feel Better*

Stress and Your Health

Stress is how your body responds to challenges. It can affect your sleep, digestion, mood, memory, and immune system. Signs of stress include trouble sleeping, irritability, loss of interest in hobbies, changes in appetite, feeling isolated, and difficulty focusing.

Are You Hungry or Just Feeling Something?

Pausing and tuning into your body can help you choose foods that truly support how you feel.

- Physical hunger signs: stomach growling, low energy/fatigue, irritability, lightheadedness, or trouble focusing.
- Emotional hunger signs: sudden cravings, eating out of boredom or sadness, not satisfied after eating

Foods that Help You Feel Calmer

Some food helps your body and brain feel calmer and more focused.

- Complex Carbs - Oats, Quinoa, Sweet Potatoes, Brown Rice
→ Boost serotonin, your feel-good brain chemical
- Protein-Rich Snacks - Boiled Eggs, Yogurt, Hummus, Nut Butters, Edamame
→ Stabilize blood sugar and mood
- Omega-3s - Salmon, Walnuts, Chia Seeds, Flaxseeds
→ Support brain health and reduce anxiety
- Magnesium-Rich Foods - Spinach, Kale, Pumpkin Seeds, Avocados, Dark Chocolate
→ Relax muscles and calm nerves

- Probiotic & Fermented Foods - Yogurt, Kimchi, Sauerkraut, Miso, Kombucha
→ Support your gut, which connects to your mood
- Herbal Teas - Chamomile, Peppermint
→ Can help you relax and sleep better

Healthy Habits That Ease Stress

- Eat regular, balanced meals slowly and without screens.
- Keep balanced snacks handy to avoid energy crashes.
- Prioritize sleep, move daily, and connect with others regularly.
- Stay hydrated — thirst is often confused with hunger.
- Practice self-compassion. Emotional eating happens, and that is okay.

Wellness Newsletter December 2025 Senior Meals Program



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.

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

