### **NUTRITION EDUCATION CONT.**

## Vary your vegetables

Include a variety of different colored, flavored, and textured vegetables. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.

## Eat for your teeth and gums

Many people find that their <u>teeth and gums</u> change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Try cooked or canned foods like unsweetened <u>fruit</u>, low-sodium soups, or canned tuna.

## Use herbs and spices

Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! Maybe your sense of <u>smell</u>, <u>sense of taste</u>, or both have changed. <u>Medicines</u> may also change how foods taste. Add flavor to your meals with herbs and spices.

## Keep food safe

Don't take a chance with your health. Throw out food that might not be safe. Avoid certain foods that are risky for an older person, such as unpasteurized <u>dairy</u> foods. Foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

## Thank you to our menu sponsor!

To learn more call **719-314-2327** or visit **rmhcare.org** 



# Silver Key<sup>™</sup> HOME DELIVERED MEALS November 2025



## **NUTRITION EDUCATION**

## **CHOOSING HEALTHY MEALS AS WE AGE**

## **Drink Plenty of liquids**

With age, you may lose some of your sense of thirst. <u>Drink</u> water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of <u>added sugars</u> or salt. Learn which liquids are healthier choices.

## Make eating a social event

Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.

### Know how much to eat

Learn to recognize how much to eat so you can control portion size. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

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## **HOME DELIVERED MEALS** November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	HALL	VIII.	NISG	WING		Swedish Meatballs w/ WW Pasta Brussels Sprouts Applesauce Cup Milk
2	3	4	5	6	7	8
Chicken Cacciatore w/ Parm WW Pasta Green Beans Pear Cup, Milk	Creamy Mushroom Soup, Sweet Pota- toes w/Figs & Nuts, Succotash, Apple- sauce Cup, Milk	Chicken Piccata, WW Pasta Winter Blend Veg w/ Parm, Pear Milk	Chef's Choice: Pork	Chicken & Dump- lings, Broccoli High Fiber Cookie Strawberry Apple- sauce Cup, Milk	Beef Goulash w/ Cheese, Green Bean Almondine Apple Milk	Chicken Cordon Bleu, Sweet Potatoes w/ Figs&Nuts, Peas & Carrots, Orange, Milk
9	10	11	12	13	14	15
Lasagna Roll w/ Meat Marinara Sauce Broccoli Pear, Milk	BBQ Chicken Sweet Potatoes Peas & Carrots Orange Milk	Beef Tips and Gravy, Mashed Potatoes, Brussels Sprouts, Apple Milk	Beef Burrito, w/ Green Sauce, Spanish Rice SW Black Beans Mango Cup Milk	Pesto Chicken Brussels Sprouts Wild & Brown Rice Pear Milk	Spaghetti w/ Meat Marinara & cheese Monterey Blend Vegetable, Roll w/ Butter, Apple & Milk	Beef Pot Pie w/ Buttermilk Biscuit Lima Beans Blueberry Cobbler Milk
16	17	18	19	20	21	22
Cheese Ravioli Succotash Roll w/ Butter Mango Cup Milk	Swedish Meatballs w/ WW Pasta Brussels Sprouts Applesauce Cup Milk	Baked Chicken w/ Gravy, Mashed Potatoes Carrots , Oatmeal Raisin Cookie Orange & Milk	Bell Pepper Casserole, Roasted Red Potatoes, Peas and Carrots Pear & Milk	Chicken Teriyaki Brown Rice Succotash Orange Milk	Beef Stroganoff WW Pasta Brussels Sprouts w/Parm, Apple Milk	Chicken Parmesan w/ Marinara Sauce WW Pasta Capri Blend Veg Pear, Milk
23	24	25	26	27	28	29
Teriyaki Meatballs Pork & Beef Brown Rice Succotash Orange & Milk	Shepard's Pie w/ cheese Winter Blend Veg WW Roll w/ Butter Peach Cup & Milk	Roasted Turkey W/ Gravy, Baby Bakers Succotash Roll W/ Butter Apple Pie & Milk	Beef Bourguignon Mashed Potatoes Broccoli Orange Milk	Chicken Ala King Jasmine Rice Green Beans Apple Milk	Chef's Choice: Pork	Chicken Chimichanga, SW Black Beans, Rice, Mango Cup & Milk

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Lemon Pepper Chicken, Wild and Brown Rice, Lima Beans, Mandarin Orange Cup & Milk Menu substitutions may occur without notice.

Members are advised to keep a 3-day supply of nonperishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.