


Please be sure to make a reservation by calling **719-884-2304** or go to www.silverkey.org/connections-cafe-reservations by **2PM** the day before you expect to eat.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk is provided with every meal. Connections Café meals are partially funded by the Pikes Peak Area Agency on Aging.</p>  <p>Pikes Peak Area Council of Governments Communities Working Together</p>				<p>1 Swedish Meatballs w/ Noodles Peas & Carrots Tossed Salad Tropical Fruit Oatmeal Cookie</p>
<p>4 Broccoli Stuffed Chicken Breast Green Beans Sweet Potatoes Pineapple Tidbits High Fiber Cookie</p>	<p>5 Baked Parmesan Encrusted Salmon Roasted Sweet Potatoes Broccoli Roll Strawberries</p>	<p>6 Egg Salad on Whole Wheat Bread Tomato Basil Soup Tossed Vegetable Salad w/Red Wine Vinaigrette Orange</p>	<p>7 Swiss Steak Mashed Potatoes Peas Coleslaw Banana</p>	<p>8 Chicken Marsala Roasted Red Potato Brussel Sprouts Green Bean Salad Apple</p>
<p>11 Closed for Veteran's Day</p>	<p>12 Chicken Pot Pie w/ Sweet & Sour Meatballs Broccoli Jasmine Rice Tossed Salad w/Dressing Pear</p>	<p>13 Beef Stir Fry Peas Brown Rice Asian Cabbage Salad Apple</p>	<p>14 Chicken Parmesan Pasta Cauliflower Tossed Salad w/Red Wine Dressing Diced Pears Whole Wheat Bread</p>	<p>15 Pulled Pork Sandwich Corn Seasoned Pinto Beans Applesauce</p>
<p>18 Beef Chili w/Cheese Baked Potato w/Sour Cream Tossed Salad w/ Chickpeas Orange</p>	<p>19 Chicken Piccata Pasta Winter Blend Vegetables Peaches High Fiber Cookie</p>	<p>20 Vege-Burger w/ Lettuce, Tomato & Onion Corn Coleslaw Banana</p>	<p>21 Roast Turkey w/Gravy Mashed Potatoes California Blend Vegetables Roll Cranberry Sauce Pumpkin Pie</p>	<p>22 Seasoned Cod/Potato Medley Maple Glazed Carrots Apple Raisin Nut Cup</p>
<p>25 Beef Fajitas w/Peppers, Onions, Cheese, Sour Cream, Salsa & Tortillas Spanish Rice Southwest Black Beans Strawberries</p>	<p>26 Breaded Fish Sandwich w/Lettuce & Tomato Corn Cole Slaw Spiced Peaches</p>	<p>27 Beef Stew Lima Beans Whole Wheat Roll Apple</p>	<p>28 Closed for Thanksgiving</p>	<p>29 Closed for Day After Thanksgiving</p>

Nutrition Education Continued...

- Check sell-by and use-by dates. Make sure you will use it by the use-by date.
- Look down. Stores typically stock more expensive items at eye level. Lower-priced items are often on the bottom or top shelf.

Additional tips:

- If you have a coupon for a brand name product, check the price difference. Often, the store brand is less expensive than the brand name even with the coupon!
- Only use coupons for products you will eat. You may be tempted to buy a product because it's a good price, but if you never eat it you're wasting money.
- Buy frozen fruits and vegetables. They last longer and are just as good for you as fresh.
- Skip the cookie and chip aisle so you aren't tempted to buy unhealthy food.

Your challenge this month is to plan one week of meals and use these tips to buy nutritious foods at the best price!

Thank you to our menu sponsor:



A Program of Rocky Mountain Health Care Services

To learn more call (719) 314-2327
or visit www.rmhcare.org



NOVEMBER 2019



HEALTHY FOOD ON A BUDGET

TIPS ON HOW TO SHOP FOR NUTRITIOUS FOODS FOR LESS

Choosing healthy food options while living on a tight budget may be a hard task, but it's so important for both mental and physical health. Here are some tips on making the most of your food budget.

Before going to the store:

1. Plan a weekly menu. Remember to add snacks too!
2. See what leftovers need to be eaten and plan a meal or two around them.
3. Have a snack before you go. It will help you stick to your shopping list.
4. Look at the store circular to see if they have items on sale that you like.
5. Buy meat in bulk, then repackage into individual portions and freeze.
6. Consider tuna, salmon and eggs because they are low-cost proteins.

While at the store:

- Organize your shopping list by aisle. This will shorten your shopping trip.
- Try store brands. They're often the same quality at a lower price.
- Compare products for the best deal.

(CONTINUED ON BACK)