

**NOW, THE PUTTING BACK –**

- Make a list of everything you've decided to keep. Tack it up on the front of your freezer.
- Organize items as you put them back.

**GOING FORWARD-**

- Anytime you add something to your freezer, be sure to label it with the date and name. Then add it to your list of freezer contents.
- Anytime you take something from your freezer draw a line through that item on your list. When planning a shopping list, be sure to look through your freezer list and use those items first.
- Restock your freezer as you go with healthy foods. Cooked whole grains and beans can be frozen. Store one or two servings in individual plastic freezer bags and stack the bags on top of each other in the freezer. That way, you'll always have the foundation for a quick, healthy meal.

**AN IMPORTANT REMINDER:**

- Bacteria survive even at frozen temperatures (even in ice!). So, be sure to defrost, cook, cool, and store foods at correct temperatures so that the food you defrost, prepare, and eat doesn't have so many bacteria that you get food poisoning.

Thank you to our menu sponsor.

To learn more call (719) 314-2327  
or visit [www.rmhcare.org](http://www.rmhcare.org)



**Rocky Mountain  
PACE**

A Program of Rocky Mountain Health Care Services



***Out with the old and in with the new!***

It's time to "get out with the old and in with the new!" You'll do this in 2024 by taking a good look at your freezer. Try to remember what it looks like, because in a little while, with a little work, you won't recognize the old freezer and its contents.

**IN THE BEGINNING-**

- Take everything out and get rid of anything unwanted or unusable. This includes food with freezer burn, mysterious or unlabeled packages and anything that was frozen so long ago you can't remember - Just Toss It.
- Turn the temperature up and, if necessary, defrost the freezer. Wipe it all down with a mixture of equal parts vinegar and water and rinse well with clean water.

**FOOD SAFETY**

Menu substitutions may occur without notice. Clients are advised to keep a 3-day supply of non-perishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.

be food safe.



clean. separate.  
cook. chill.  
www.befoodsafe.ca

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 New Year's Day</b> <b>Silver Key Closed</b> 	<b>2</b> Chicken Cacciatore WW Pasta Green Beans Diced Pears Milk	<b>3</b> Beef Bourguignon Mashed Potatoes Broccoli Orange Milk	<b>4</b> Sweet & Sour Chicken Brown Rice Asian Veg High Fiber Cookie Pear & Milk	<b>5</b> Beef Burrito w/Green Sauce Spanish Rice SW Black Beans Diced Mangos Milk
<b>8</b> Chicken Pot Pie w/Buttermilk Biscuit Lima Beans Pear Milk	<b>9</b> Citrus Tilapia Lemon Herb Rice 5-Way Blend Veg WW Roll w/ Butter Diced Tropical Fruit Milk	<b>10</b> Broccoli Cheese Soup Brown Rice WW Roll w/ Butter Peach Cobbler Apple & Milk	<b>11</b> Pork Pot Roast w/Onions & Celery Roasted Red Potatoes Carrots Orange & Milk	<b>12</b> Meatloaf w/ Gravy Mashed Potatoes Peas and Carrots WW Bread w/ Butter Orange & Milk
<b>15</b> Honey Curry Chicken Coconut Rice Peas and Carrots Apple, OJ Milk	<b>16</b> Bratwurst w/ Mustard Roasted Potatoes Cabbage & Carrots, Orange Milk	<b>17</b> Beef Stroganoff WW Penne Pasta Roasted Brussel Sprouts Apple Milk	<b>18</b> Broccoli Stuffed Chicken Sweet Potatoes w/ Dates & Nuts Peas and Carrots Orange & Milk	<b>19</b> Cheese Ravioli Succotash WW Roll w/Butter Diced Tropical Fruit Milk
<b>22</b> Shepherd's Pie Winter Blend Veg WW Roll w/ Butter Diced Peaches Milk	<b>23</b> Chicken Teriyaki Brown Rice Succotash Orange Milk	<b>24</b> Sweet & Sour Meatballs w/Pork Brown Rice Bahama Blend Veg Diced Mangos Milk	<b>25</b> Breaded Chicken w/ Country Gravy Mashed Potatoes Succotash Apple Milk	<b>26 Chef's Choice</b> 
<b>29</b> Chicken Marsala Roasted Red Potatoes Brussel Sprouts Apple Milk	<b>30</b> Stuffed Bell Pepper Baby Bakers Carrots Orange Milk	<b>31</b> Swedish Meatballs w/ Pork WW Pasta Green Beans Banana Milk		

**We value your feedback!!**

**At the end of the month, return your menu to your café specialist and write in a 1-3 rank on the day's entree.**

**1=Don't love it;**

**2=It's Good;**

**3=LOVE it!**