

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



**Rocky Mountain
PACE**

A Program of Rocky Mountain Health Care Services

January 2024

**Happy
New Year!**

Nutrition
Education





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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day Silver Key Closed 	2 Chicken Cacciatore WW Pasta Green Beans Diced Pears Milk	3 Beef Bourguignon Mashed Potatoes Broccoli Orange Milk	4 Sweet & Sour Chicken Brown Rice Asian Veg High Fiber Cookie Pear & Milk	5 Beef Burrito w/Green Sauce Spanish Rice SW Black Beans Diced Mangos Milk	6 Southwest Chicken Spanish Rice Pinto Beans Orange Milk
7 Breaded Pollock Mac & Cheese Brussels w/ Parm Apple Milk	8 Chicken Pot Pie w/Buttermilk Biscuit Lima Beans Pear Milk	9 Citrus Tilapia Lemon Herb Rice 5-Way Blend Veg WW Roll w/ Butter Diced Tropical Fruit Milk	10 Broccoli Cheese Soup Brown Rice WW Roll w/ Butter Peach Cobbler Apple & Milk	11 Pork Pot Roast w/Onions & Celery Roasted Red Potatoes Carrots Orange & Milk	12 Meatloaf w/ Gravy Mashed Potatoes Peas and Carrots WW Bread w/ Butter Orange & Milk	13 Riblets Baked Beans Potato Salad Banana Milk
14 Beef and Barley Soup Roasted Red Potatoes WW/Roll w/Butter Orange & Milk	15 Honey Curry Chicken Coconut Rice Peas and Carrots Apple, OJ Milk	16 Bratwurst w/ Mustard Roasted Potatoes Cabbage & Carrots, Orange Milk	17 Beef Stroganoff WW Penne Pasta Roasted Brussel Sprouts Apple Milk	18 Broccoli Stuffed Chicken Sweet Potatoes w/ Dates & Nuts Peas and Carrots Orange & Milk	19 Cheese Ravioli Succotash WW Roll w/Butter Diced Tropical Fruit Milk	20 Beef Pot Pie w/Butter Milk Biscuit Lima Beans Apple Milk
21 Chicken Cordon Bleu, Sweet Potatoes w/ Dates & Nuts Peas & Carrots Orange & Milk	22 Shepherd's Pie Winter Blend Veg WW Roll w/ Butter Diced Peaches Milk	23 Chicken Teriyaki Brown Rice Succotash Orange Milk	24 Sweet & Sour Meatballs w/Pork Brown Rice Bahama Blend Veg, Diced Mangos & Milk	25 Breaded Chicken w/ Country Gravy Mashed Potatoes Succotash Apple Milk	26 <u>Chef's Choice</u> 	27 Chicken Cacciatore WW Pasta Green Beans Diced Pears Milk
28 Beef Bourguignon Mashed Potatoes Broccoli Orange Milk	29 Chicken Marsala Roasted Red Potatoes Brussel Sprouts Apple Milk	30 Stuffed Bell Pepper Baby Bakers Carrots Orange Milk	31 Swedish Meatballs w/Pork WW Pasta Green Beans Banana Milk			be food safe.  clean. separate. cook. chill. www.befoodsafe.ca

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.