

NUTRITION EDUCATION cont.

- **Don't forget the fiber:** Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.
- **Include fruit at breakfast:** At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.
- **Try fruit at lunch:** At lunch, pack a tangerine, banana, or grapes to eat or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy to carry and convenient for lunch.
- **Enjoy fruit at dinner, too:** At dinner, add crushed pineapple to coleslaw or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.
- **Snack on fruits:** Fruits make great snacks. Try dried fruits mixed with nuts or whole fruits like apples. They are easy to carry and store well.
- **Be a good role model:** Set a good example for children by eating fruit daily with meals or snacks.
- **Keep fruits safe:** Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.

Thank you to our menu sponsor!

To learn more call 719-314-2327
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HOME DELIVERED MEALS

July 2025





NUTRITION EDUCATION

FOCUS ON FRUITS

- **Eating fruit provides health benefits:** People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits— fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar.
- **Keep visible reminders:** Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- **Experiment with flavor:** Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.
- **Think about variety:** Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Beef Pot Pie w/Butter Milk Biscuit Lima Beans Apple & Milk	2 Chicken Alfredo W/W Pasta Peas, Diced Tropical, Fruit Milk	3 Sweet & Sour Beef, Brown Rice, Asian Vegetables, High Fiber Cookie Pear & Milk	4 Silver Key closed for Independence Day	5 Swedish Meatballs w/Pasta Brussels, Sprouts, Applesauce Milk
6 Baked Ziti Bahama Veg Apple Milk	7 Lasagna Roll w/ Meat Marinara Sauce, Broccoli Pear Milk	8 Beef Burrito w/Green Sauce Spanish Rice, SW Black Beans, Diced Mango, Milk	9 Chef Choice Pork	10 Pesto Chicken Brussels Sprouts, Wild & Brown Rice Pear & Milk	11 Sweet & Sour Chicken, Brown Rice, Asian Veg High Fiber Cookie, Pear & Milk	12 Teriyaki Meatballs Brown Rice Succotash Orange Milk
13 Chicken Parmesan w/ Marinara Sauce, WW Pasta Capri blend Veg Pear & Milk	14 BBQ Chicken Roasted Sweet Potatoes Peas & Carrots Orange & Milk	15 Beef Stroganoff WW Penne Pasta, Brussels Sprouts, Apple Milk	16 Chicken Teriyaki Brown Rice Succotash Orange Milk	17 Bell Pepper Casserole, Roasted Red Potatoes, Peas and Carrots Pear & Milk	18 Breaded Chicken w/ Country Gravy Mashed Potatoes, Succotash Apple & Milk	19 Goulash w/ Cheese, Green Bean Almondine Apple Milk
20 Chicken Chimichanga w/ Cheese, SW Black Beans, Spanish Rice, Diced Mango & Milk	21 Shepard's Pie W/ Cheese Winter Blend, Veg, Roll w/ butter, Diced Peaches & Milk	22 Chicken Ala King Jasmine Rice, Green Beans Apple Milk	23 Pork Pot Roast w/ Celery and Onions, Roasted Red Potatoes, Carrots, Orange & Milk	24 Spaghetti w/ Meat Sauce Monterey Blend WW Roll w/ Butter Apple & Milk	25 Chicken Pot Pie w/Buttermilk Biscuit, Lima Beans Pear Milk	26 Cheese Ravioli Succotash WW Roll w/ Butter Diced Tropical Fruit & Milk
27 Lemon Pepper Chicken Wild and Brown Rice Lima Beans Orange & Milk	28 Chicken Cacciatore WW Pasta Green Beans Diced Pears Milk	29 Chef's Choice Beef	30 Chicken Marsala Roasted Red Potatoes, Brussels Sprouts, Apple Milk	31 Swedish Meatballs w/Pasta, Brussels, Sprouts Applesauce 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.