

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 teeth and gums 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 fruit, 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 smell, sense of taste, or both have changed. Medicines 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 dairy 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



**Rocky Mountain
PACE**

719-884-2300

www.silverkey.org



CONNECTIONS CAFÉ
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. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars 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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BBQ Chicken Sweet Potatoes Peas & Carrots Orange Milk	4 Beef Tips and Gravy, Mashed Potatoes Brussels Sprouts Apple & Milk	5 Beef Burrito, w/Green Sauce, Spanish Rice SW Black Beans Mango Cup Milk	6 Pesto Chicken Brussels Sprouts Wild & Brown Rice Pear Milk	7 Spaghetti w/Meat Mari- nara & cheese, Monterey Blend Vegetable, Roll w/ Butter, Apple, Milk
10 Swedish Meatballs w/ WW Pasta Brussels Sprouts Applesauce Cup Milk	11 Baked Chicken w/ Gravy Mashed Potatoes Carrots, Oatmeal Raisin Cookie Orange & Milk	12 Bell Pepper Casserole Roasted Red Potatoes Peas and Carrots Pear Milk	13 Chicken Teriyaki Brown Rice Succotash Orange Milk	14 Beef Stroganoff, W/W/ Pasta, Brussels Sprouts w/ Parm, Apple Milk
17 Shepard's Pie w/cheese Winter Blend, Veg WW Roll w/ Butter, Peach Cup, Milk	18 Roasted Turkey W/ Gravy, Baby Bakers Succotash, Roll W/ Butter Apple Pie, Milk	19 Beef Bourguignon Mashed Potatoes Broccoli, Orange Milk	20 Chicken Ala King Jasmine Rice, Green Beans, Apple Milk	21 Chef's Choice Pork
24 Chicken Cacciatore w/ Parm WW Pasta Green Beans, Pear Cup Milk	25 Baked Ziti Bahama Veg Apple Milk	26 Chicken Pot Pie w/ Buttermilk Biscuit Lima Beans, Pear Milk	27 Thanksgiving Day Silver Key Closed	28 Thanksgiving Day Silver Key Closed



HAPPY THANKSGIVING



Menu substitutions may occur without notice. Clients who take leftovers home do so at their own risk.

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.

We value your feedback! At the end of the month, return your menu to your café specialist & write in a 1-3 rank on the day's entry.

1 = Don't love it

2 = It's Good

3 = LOVE it!