

### Impact on Chronic Disease Prevention

- **Disease Management:** FIM, particularly in diabetes, can lead to better glycemic control, reduced medication reliance, and improved cardiovascular health.
- **Economic Impact:** Implementing these programs could potentially save the U.S. healthcare system \$27–\$48 billion annually by reducing hospital readmissions and complications.
- **Systemic Shift:** The approach is supported by the 2022 White House Conference on Hunger, Nutrition, and Health, aiming to make healthy, nutritious food accessible as a standard part of healthcare.
- **Key Health Markers:** Studies indicate that whole-food, plant-based diets, often promoted in these programs, can improve LDL cholesterol, triglycerides, and blood pressure in as little as 0.5–2 years.

### Common Food-Based Interventions

- **Whole Plant-Based Foods:** Emphasizing whole grains, vegetables, and fruits to lower disease risk.
- **Nutrient-Dense Foods:** Utilizing berries (antioxidants), fermented foods, and spices like turmeric to reduce inflammation.

*Thank you to our menu sponsor!*

To learn more call 719-314-2327  
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## NUTRITION EDUCATION

“Food as Medicine” integrates nutritional interventions—such as produce prescriptions, medically tailored meals, and counseling—directly into clinical care to prevent, manage, and treat chronic diseases like diabetes and heart disease. By addressing food insecurity and improving nutrition, this evidence-based approach reduces healthcare costs, improves patient outcomes, and advances health equity.

### Key Aspects of Food as Medicine (FIM) Initiatives

- **Medically Tailored Meals (MTM):** Pre-prepared meals designed by nutritionists for specific diseases (e.g., low-sodium for hypertension), which can improve dietary adherence by over 90%.
- **Produce Prescriptions:** Health providers prescribe free or subsidized fresh fruits and vegetables to patients with chronic conditions or food insecurity.
- **Medically Tailored Groceries:** Providing customized boxes of food to help patients manage health conditions at home.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>-Happy- Easter!</i></p>		<b>1</b> ♦Pork Chop w/ Country Gravy ♦Mashed Potatoes ♦Succotash ♥♦Apple	<b>2</b> ♦Chicken Piccata ♥♦Whole Wheat Pasta ♥♦Winter Mix Vegetables w/Parmesan ♥♦Orange	<b>3</b> <b>Silver Key Tri - Lakes Location Closed</b>
<b>6</b> ♦Chicken & Dumplings ♥♦Broccoli, High Fiber Cookie ♥♦Strawberry Applesauce Cup	<b>7</b> <b>Silver Key Tri - Lakes Location Closed</b>	<b>8</b> ♦Sweet & Sour Chicken ♥Brown Rice ♥♦Stir Fry Vegetables, High Fiber Cookie ♥♦Pear Cup	<b>9</b> ♦Breaded Pollock ♦Macaroni & Cheese ♦Brussel Sprouts w/ Parmesan ♥♦Apple	<b>10</b> <b>Silver Key Tri - Lakes Location Closed</b>
<b>13</b> ♦Creamy Mushroom Soup ♥Sweet Potatoes w/ Figs & Nuts ♦Succotash ♥♦Applesauce Cup	<b>14</b> <b>Silver Key Tri - Lakes Location Closed</b>	<b>15</b> ♦Southwestern Chicken ♦Spanish Rice ♦Pinto Beans ♥♦Pineapple Cup	<b>16</b> ♦Meatballs w/ Marinara ♥♦Whole Wheat Pasta ♦Succotash ♥♦Applesauce Cup	<b>17</b> <b>Silver Key Tri - Lakes Location Closed</b>
<b>20</b> ♦Beef Barley Soup ♦Red Roasted Potatoes ♦Wheat Roll ♦Butter ♥♦Orange	<b>21</b> <b>Silver Key Tri - Lakes Location Closed</b>	<b>22</b> ♦Chicken Parmesan ♥♦Whole Wheat Pasta ♥♦Capri Vegetables ♥♦Pear Cup	<b>23</b> ♦Beef Pot Pie w/ Biscuit ♥♦Lima Beans ♦Blueberry Cobbler	<b>24</b> <b>Silver Key Tri - Lakes Location Closed</b>
<b>27</b> ♦Chili w/Beans & Cheese ♥Baked Potato ♦Sour Cream ♥♦Peaches & Creme Cup	<b>28</b> <b>Silver Key Tri - Lakes Location Closed</b>	<b>29</b> ♦Chicken Cordon Bleu ♥Sweet Potatoes w/ Figs & Nuts ♥♦Peas & Carrots ♥♦Orange	<b>30</b> ♦Slow Roasted Beef ♥♦w/ Gravy ♦Mashed Potatoes ♥♦Green Beans ♦Wheat Roll ♦Butter ♥♦Pear Cup	♥ Heart Health ♦ Diabetic Choice  <b>Milk included with every meal</b>

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!**



# NUTRITION FACTS

April 2026

Menu items	KCal	Pro (gm)	Carb (gm)	Fat (gm)	Fiber (gm)	CA	Na	Vit C (mg)	Vit B12 (mcg)	Vit B6 (mg)
						(Calcium) (mg)	(Sodium) (mg)			
Baked Chicken w/Gravy Mashed Potatoes Carrots Oatmeal Raisin Cookie Orange Milk	827	34	62	30	8	405	653	28	1.5	1.06
Baked Ziti w/ Italian Sausage Bahama Blend Vegetables Apple Milk	637	30	64	30	8	580	1220	25	1.9	0.74
BBQ Chicken Sweet Potatoes Peas & Carrots Orange Milk	1180	76	67	72	9	418	805	50	1.6	0.61
Beef Barley Soup Red Roasted Potatoes Wheat Roll w/Butter Orange Milk	466	21	54	20	6	367	1091	36	2	0.58
Beef Bourguignon Mashed Potatoes Broccoli Orange Milk	851	34	45	39	8	418	612	79	2.2	0.71
Beef Burrito w/ Enchilada Sauce Spanish Rice Southwest Black Beans Mango Cup Milk	794	39	96	28	9	457	1128	36	3.2	0.57
Beef Goulash Green Bean Almondine Apple Milk	646	36	75	23	8	367	510	15	3.3	0.68
Beef Lasagna Roll Broccoli Pear Milk	604	32	71	23	12	524	1089	59	3.3	0.92
Beef Pot Pie w/ Biscuit Lima Beans Blueberry Cobbler Milk	825	41	96	34	10	364	1164	16	3.3	0.66
Beef Stroganoff Whole Wheat Pasta Brussels Sprouts w/ Parmesan Apple Milk	627	45	74	19	13	419	414	58	3.4	0.93
Beef Tips & Gravy Mashed Potatoes Brussels Sprouts Apple Milk	779	36	61	26	11	388	684	61	3.1	0.88
Breaded Chicken w/ Country Gravy Mashed Potatoes Succotash Apple Milk	963	36	80	35	12	387	1333	19	1.4	0.22
Breaded Pollock Macaroni & Cheese Brussels Sprouts w/ Parmesan Apple Milk	697	35	85	26	12	581	731	58	1.7	0.59
Cheese Ravioli Succotash Wheat Roll w/Butter Mango Cup Milk	786	36	90	31	10	780	1548	39	1.6	0.16
Chicken & Dumplings Broccoli High Fiber Cookie Strawberry Applesauce Cup Milk	795	40	100	26	11	464	1399	55	1.8	0.67
Chicken & Dumplings Broccoli Strawberry Applesauce Cup High Fiber Cookie Milk	795	40	100	26	11	464	1399	55	1.8	0.67
Chicken A La King Jasmine Rice Fresh Green Beans Apple Milk	618	32	70	24	7	408	575	32	1.5	0.4
Chicken Alfredo Whole Wheat Pasta Green Peas Tropical Fruit Cup Milk	613	39	75	17	10	389	760	44	1.6	0.67
Chicken Cacciatore w/Parm Whole Wheat Pasta Fresh Green Beans Pear Cup Milk	749	49	76	29	13	449	660	30	1.6	1
Chicken Chimichanga w/ Enchilada Sauce Southwest Black Beans Spanish Rice Mango Cup Milk	713	26	110	16	9	362	1169	36	1.2	0.29
Chicken Cordon Bleu Sweet Potatoes w/ Figs & Nuts Peas & Carrots Orange Milk	682	41	74	27	8	607	685	38	2.1	0.57
Chicken Marsala Red Roasted Potatoes Brussels Sprouts Apple Milk	615	45	60	22	10	381	557	69	1.7	1.39
Chicken Parmesan Whole Wheat Pasta Capri Vegetable Blend Pear Cup Milk	883	58	104	25	13	603	1017	10	1.9	0.91
Chicken Piccata Whole Wheat Pasta Winter Mix Vegetables w/ Parmesan Orange Milk	526	37	58	16	9	399	490	148	1.4	0.9
Chicken Pot Pie w/ Biscuit Lima Beans Pear Cup Milk	675	37	89	23	11	348	1,088	39	1.523	0.622
Chicken Teriyaki Brown Rice Succotash Orange Milk	559	44	61	14	9	366	649	40	1.5	0.86
Chili w/Beans & Cheese Baked Potato Sour Cream Peaches & Creme Cup Milk	675	35	82	24	11	424	515	50	3.2	1.19
Creamy Mushroom Soup Sweet Potatoes w/ Figs & Nuts Succotash Applesauce Cup Milk	678	23	82	29	10	451	384	14	1.4	0.3
Lemon Pepper Chicken Wild & Brown Rice Lima Beans Mandarin Orange Cup Milk	641	51	71	16	7	396	670	34	1.6	0.9
Meatballs w/ Marinara Whole Wheat Pasta Succotash Applesauce Cup Milk	770	34	82	35	14	390	964	12	1.2	0.25
Pesto Chicken Breast Brussels Sprouts Wild & Brown Rice Pear Cup Milk	627	54	61	19	7	503	644	80	1.7	1.165
Pork Chop w/ Country Gravy Mashed Potatoes Succotash Apple Milk	915	42	65	35	12	395	876	19	1.9	0.52
Pork Pot Roast w/ Celery & Onion Red Roasted Potatoes Carrots Orange Milk	429	31	42	16	6	359	615	37	1.7	1.09
Shepherd's Pie Winter Mix Vegetables Wheat Roll w/Butter Peach Cup Milk	756	40	68	35	9	461	660	162	3.6	0.53
Slow Roasted Beef w/Gravy Mashed Potatoes Fresh Green Beans Wheat Roll w/Butter Pear Cup Milk	959	39	71	39	10	436	1122	41	2.6	0.64
Southwestern Chicken Spanish Rice Pineapple Cup Pinto Beans Milk	706	54	87	15	10	475	889	62	1.7	1.06
Spaghe & Meat Sauce Monterrey Blend Vegetables Wheat Roll w/Butter Apple Milk	736	38	81	29	10	402	735	8	3.5	0.69
Stuffed Pepper Casserole Red Roasted Potatoes Peas & Carrots Pear Cup Milk	619	34	77	21	10	510	637	88	2.11	1.018
Swedish Meatballs Whole Wheat Pasta Brussels Sprouts Applesauce Cup Milk	920	46	88	43	12	497	631	55	3.5	0.99
Sweet & Sour Beef Brown Rice Asian Vegetables Peaches & Creme Cup Milk	724	43	77	26	5	370	719	124	3.2	1
Sweet & Sour Chicken Brown Rice Sr Fry Vegetables High Fiber Cookie Pear Cup Milk	926	42	135	25	17	415	990	122	1.5	0.86
Teriyaki Meatball Beef & Pork Brown Rice Succotash Orange Milk	703	32	69	33	11	426	1194	36	2.2	0.53