

Spice of Life

Nutrition Newsletter



It's National Nutrition Month!

The 2021 focus is to choose foods that meet your health goals *and* honor your cultural and personal preferences. Consider the following tips to **Personalize Your Plate** this year.

Take your time, enjoy your food. Eat meals in a pleasing, calm place. Chew your food completely and enjoy the flavor.

Order out with confidence. Ask questions about the menu. Choose items that fit your goals and mood. Lighter options tend to be grilled, broiled, baked, or steamed, but don't be afraid to choose foods you enjoy and that will satisfy you. There are no good or bad foods.

Keep healthful foods on hand. Buy easy-to-cook foods like pre-washed fresh or frozen veggies that you can pop in the microwave.

We can help! Call us to learn more about how you can tailor your plate to *your* goals or if you have questions about how to eat to manage conditions like kidney disease, pre-diabetes, diabetes, or heart disease.

Did you know March 10th is Ranch Dressing Day? The recipe was created by Steven & Gayle Hason in 1954 at their home in Hidden Valley Ranch, California. The original recipe includes buttermilk, mayonnaise, spices, and herbs and is the most popular dressing in America.

REMEMBER!

Holidays - No Meal Delivery

- May 31 - Memorial Day
- July 5 - Independence Day
- September 6 - Labor Day

Check our website

for the latest menu, nutrition newsletter.

New! We will start posting virtual activities like exercise classes.

Delivery Times

Daily Meals 10:30-2:30
Frozen Meals 8:00-4:00

Call to cancel or hold your meals to save our volunteers a trip.

We can leave food with family or neighbors, but not unattended. Call us with any special instructions.